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WALDENSIAN COOKERY

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Waldensian
COOKERY

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Dedication

We publish this book as a tribute to the steadfast faith and devotion to Christian principles of the Waldensian women, and to record for future generations the favorite Waldensian family recipes.

"This collection of fine old recipes
We hope you will treasure
And may each savory dish
Give your family much pleasure."

Acknowledgments

We wish to acknowledge the generous and whole-hearted cooperation of all members of the Pilot Club and Lions Club of Valdese, North Carolina.

We are grateful to our friends of Waldensian descent who contributed the recipes in this book, some of which have never been printed but passed from mother to daughter for many generations.

For the beauty of this book our sincere appreciation to Elfie Grill, who made the cover and all sketches expressly for "Waldensian Cookery."

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The Waldenses

The origin of the Waldenses has been obscured; their true beginning lost in the pages of history. Some believe that they date back in an unbroken succession to the Apostles, others that they were the followers of Arnold of Brescia, Peter of Bruys, and Henry of Cluny. Whatever their origin, we do know that in 1173 Peter Waldo, a wealthy merchant of Lyons, accepted Christ's invitation to the rich young ruler. He sold his possessions and gave the proceeds to the poor. His unselfish devotion to the way of Christ made him a leader around which they rallied. His conviction that every man had the right to read and interpret the scriptures for himself was readily accepted by the Waldenses. The edicts, proclamations, and crusades against his doctrines and followers leave a history of brutalities, persecution, and destruction written in blood across the next six centuries. In spite of their supression, their teachings planted seeds in many countries which produced a bountiful harvest in the days of Luther and Calvin.

The spring of 1893 found a detachment of twenty-nine souls awaiting a ship in the town of Boulogne-sur-Mer. Indelibly written in their memories were the persecution of their forefathers. From the Albigensian Crusade of 1208, the massacre of the Waldenses of Freyssiniere and Vallouise in 1487, the slaughter of the people of Luserna and Angrogona in 1655, the condemnation to death of all Waldenses in 1663, the slaughter of over nine thousand and capture of twelve more thousand in the year of 1685, persecution, brutalities, and suppression continued until Charles Albert on February 17, 1848 granted them freedom of conscience and worship.

Against a background of such memories, we wonder how a people could leave a homeland for which they fought so strongly for over six hundred years. With the coming of their freedom, their number grew. They soon realized that the rugged terrain of the Cottian Alps of northern Italy, which gave them protection and a place of refuge during the persecution, could not support the increase in population. With tears in their eyes, faith in their hearts, and a steadfastness of purpose they turned their face to the land of opportunity - America.

On May 29, 1893 they arrived at what is now known as Valdese North Carolina. On June 8, 1893, the Valdese Corporation was formed. Although practically penniless, through the assistance of some Burke County businessmen, they purchased ten thousand acres of land at a

price of $25,000.00. This amount was to be paid back over a period of twenty-five years.

In the fall of 1893 another two hundred and three Waldenses joined their ranks. Their first form of government was a cooperative. They tried to wrest a living from the soil and the products of the forest of this area. Soon they realized that the debt was too heavy and the land too poor. Seeking other means to add to their income, they started a small hosiery mill on May 13, 1894. On March 8, 1895, the Valdese Corporation was dissolved and with it the hosiery mill was abandoned. This was the turning point in the history of the town. Through the experience gained from this venture, though a failure, dreams were instilled in the minds of the settlers and their concept of life was changed from an agricultural to an industrial pattern.

On May 8, 1901 the Waldensian Hosiery Mills was organized. This was the first permanent industry. From this beginning, industrialization moved at a rapid rate. The Valdese Manufacturing Company was organized on December 12, 1913. A further diversification of industry was added when the Waldensian Bakeries began operations in August of 1915. The Shuford interests of Hickory took over the factory of the Waldensian Swiss Embroidery Mill and formed the Valdese Weaving Mill in 1919. May 1920 found the organization of the Martinat Hosiery Mill complete. In 1928 the Alba Hosiery Mills, Inc. (formerly Pilot Full Fashion Mills, Inc.) was organized. Since this time many corporations have been added to the list.

While tremendous strides were being made in the standard of living of the Waldenses of Valdese, they did not forget their religious heritage. On July 9, 1895 the local church united with the Presbyterian Church in the United States. During 1897 and 1898 the sanctuary was built and was dedicated on July 4, 1899. This structure still stands today, a fine example of Gothic architecture. Many additions have been added over the years, the latest being a new educational building recently completed.

No one knows what the future holds for the Waldenses and their descendents. This we do know; if they will continue to emulate the lives of their forefathers, if they will cling to the religious faith of their ancestors, if they will always seek first the Kingdom of God; no matter what adverisities may befall them, no matter how long the duration, their steadfast faith will see them through.

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BEVERAGES

Beverages

RED GRAPE OR BLACKBERRY WINE VARIATION

(Recipe No. 1)

One peck of fruit
2 quarts of boiling water

Let stand for 48 hours, then squeeze out juice. Add one measure of sugar to two measures of juice. Put in crock and set in dark place for six weeks. Strain carefully through a cloth, and bottle.

BLACKBERRY WINE

(Recipe No. 2)

Measure the berries and bruise them. To every gallon add one quart of boiling water. Let stand 24 hours, stirring occasionally; then strain off the liquor into a cask, adding two pounds of sugar to every gallon. Cork tight and let it stand till the following October when it will be ready for use without further boiling or straining.

BLACKBERRY WINE

(Recipe No. 3)

Take one gallon of ripe blackberries and bruise thoroughly to extract the juice. Let this stand 24 hours, occasionally stirring it. Then strain off the clear juice. To every gallon of juice allow three pounds of sugar. Let this stand until all fermentation rises and has been removed. Strain into dark bottles. Cork loosely to allow the escape of any gas that may collect. Set away in a dark place for three months when it will be ready for use.

DANDELION WINE

2 quarts Dandelion Flowers (pressed down)
4 quarts Boiling Water
3 pounds sugar
¾ cake yeast

Pour over flowers 4 quarts of water, keeping at boiling point. Let stand over night in warm place. Peel and slice three lemons and one orange. Remove seeds and pour sugar over this and let stand over night, too. Next day, strain flowers and pour over sugar and fruit. Add yeast which has been dissolved in ½ cup water. Mix well. Keep in warm place 6 or 7 days, bottle. Put new corks lightly and let stand nine weeks before sealing tight.

LIME JELLO PUNCH

2 packages Lime Jello
Juice 8 lemons
1 large can Pineapple juice
2 cups sugar
Enough water to make 5 quarts
Serves 50

PARTY FRUIT PUNCH

Boil together for five minutes 3 cups sugar and 3 cups water. Add ¼ cup tea leaves and steep five minutes.
Cool sugar syrup and tea and add:

3 cups orange juice
1 cup lemon juice
3 cups pineapple juice
1½ quarts gingerale (add just before serving)
Serves 50

—Mrs. Mary M. Garrou

HOT WEATHER PUNCH

1 pint cranberry juice
2¼ cups pineapple juice
1 12-ounce bottle pale dry ginger ale

Mix above ingredients and serve over crushed ice. Makes a pretty and tangy refreshing drink.

—Mrs. Mary M. Garrou

RUSSIAN TEA

1½ cups sugar
Rind of 1 orange
5 cups water
8 whole cloves
Juice of 1 lemon
Juice of 4 oranges
1½ tablespoons tea
8 cups boiling water

Boil together for five minutes sugar, 1 orange rind, cloves and water—strain and cool. Place the tea leaves in an enamel or earthenware pot, and pour over them the 8 cups of freshly boiling water. Steep three minutes, strain. Mix the tea syrup and fruit juices. Keep hot until ready to serve. Add chilled water, or gingerale, and chipped ice.

Serves 20-25.

—Mrs. Henry J. Pascal

RUSSIAN TEA

8 cups of water
1 stick of cinnamon
5 whole cloves

Boil together for 15 minutes, remove cinnamon and cloves, add:

1½ cups sugar
5 teaspoons tea

Tie tea in thin cloth and hold in water until tea colored, add:

Juice of 4 oranges
Juice of 2 lemons

Serve HOT
Serves 12

—Mrs. John Simmons

SPICED APPLE CIDER

1 quart sweet apple cider
8 whole allspice
9 whole cloves
1 stick cinnamon
¼ cup brown sugar, firmly packed

Put cider into saucepan, add the spices and sugar also dash of salt. Cover and heat verly slowly to the boiling point.. It should be so slow that it takes the cider about ½ hour to come to a boil. Remove from heat, strain and serve steaming hot.

Makes five servings.

—Mrs. Gary Hammond

FOUNDATION PUNCH

3 cups strained orange juice
1½-2 cups strained lemon juice
2 cups sugar
Water to make 1 gallon

Make sugar into a syrup with 2 cups of the water. Cool. Combine with fruit juice and remaining water. Pour a small amount in punch bowl, add a block of ice, pour remainder of punch over ice. Tea may be substituted for part of water. Other fruit juices sweetened to taste may be added for variety.

Makes approximately 1 gallon.

—Mrs. Gary Hammond

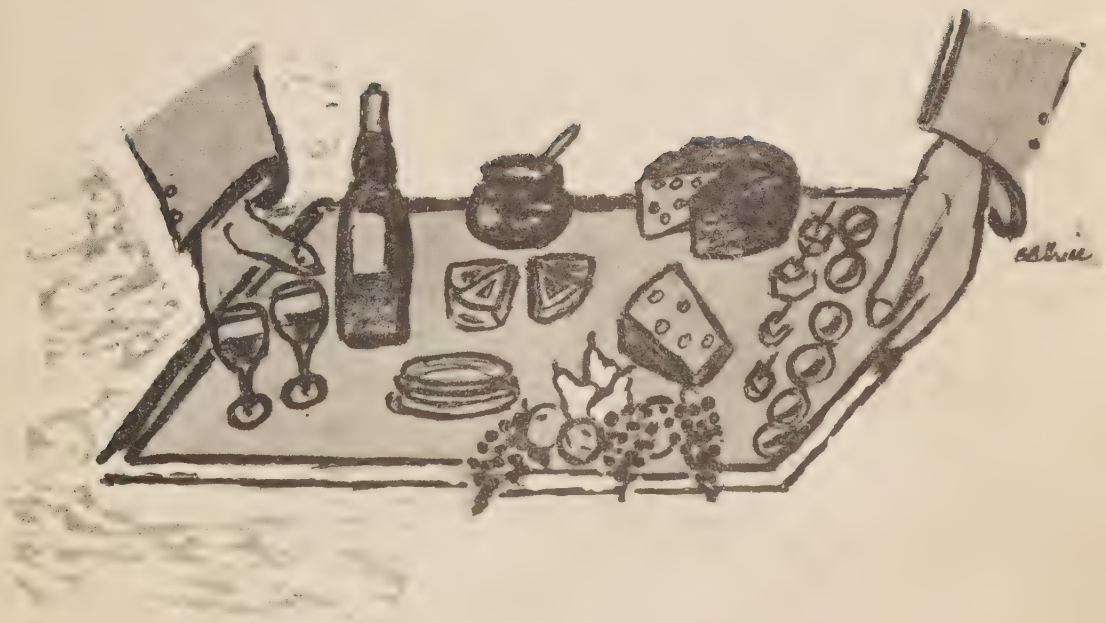
HOT CRANBERRY PUNCH

1 quart water
1 quart cranberries
1 quart pineapple juice
½ cup lemon juice
2 quarts water
Sugar to taste

Cook berries in first quart of water, about 10 minutes. Add sugar and let it cook until dissolved. Strain and add other juices and remainder of water. Heat to boil, add more sugar or water if desired. Serve with decorative lemon slices floating on top.

—Mrs. L. C. Johnston

APPETIZERS
SAUCES
DRESSINGS
PICKLES



Appetizers

DILL PICKLES

Sterilize 4 one-quart jars. Place in each jar 1 clove garlic, 6 pepper corns, 1 clove (optional) and 1 flower of Dill. Scrub well ½ peck 3-inch cucumbers. Pack them closely into jars. Bring to boiling point 2 quarts vinegar, 1 quart water and 1 cup coarse salt. Fill the jars with hot mixture and seal. Let ripen five days before serving.

ITALIAN PICKLED PEPPERS (Peperoni)

3 pounds large peppers, green, red yellow
1 3-oz. can anchovy fillets
6 sprigs parsley
3 cloves garlic
6 cups vinegar
1½ cups water
1½ cups sugar
1 tablespoon salt

Wash peppers, remove cores and seeds and cut in eights. Pack into hot, clean jars. Into each jar put one anchovy fillet, one sprig parsley and one-half clove garlic. Combine remaining ingredients and pour into jars to within ½ inch of the top. Process in hot-water bath 30 minutes. Yields 6 pints.

—Miss Catherine Dalmas

CHEESE & HAM APPETIZERS

2 tablespoons mayonnaise
2 tablespoons stuffed olives, chopped
½ teaspoon prepared mustard
1 3-oz. package cream cheese (1/3 cup)
4 thin slices cold boiled ham

Mix thoroughly mayonnaise, cheese, olives and mustard. Spread ⅛ inch thick on ham slices. Roll as you would a jelly roll and fasten with toothpicks. Chill an hour or two. Slice in ¼ inch slices. Place slices on crackers and serve.

BROILED GRAPEFRUIT

Cut large grapefruit in half. Cut sections but not center. Place 1 teaspoon brown sugar or honey, plus ½ teaspoon butter in center. Broil with a little water in pan to prevent burning.

Note: This can be used as a cocktail and is especially appealing as fruit for winter breakfasts.

—Miss Isabel Dalmas

ARTICHOKES WITH FRENCH DRESSING

Boil artichokes in rapidly boiling salted water uncovered for about 25 to 30 minutes or until the outer leaves can be easily detached. Drain well. Serve hot or cold with French Dressing.

ASPARAGUS IN FRENCH DRESSING

Boil asparagus gently in salted water until tender. Drain. Cool but do not chill. Serve with French Dressing.

FRENCH DRESSING

1 teaspoon chopped onion
1 teaspoon chopped chives
1 teaspoon chopped parsley
1 teaspoon salt
¼ teaspoon freshly ground black pepper
2 tablespoons wine vinegar
¾ cup olive oil

Mix all the seasonings with the vinegar and allow to stand several minutes before combining with the oil. Mix and serve.

ARTICHOKES IN LEMON
(Carciofi con Lemons)

8 fresh artichoke hearts
3 tablespoons lemon juice
2 tablespoons olive oil
1 clove garlic, finely chopped
¼ teaspoon salt
⅛ teaspoon pepper

Boil artichokes in salt water until tender. Drain and place in refrigerator until chilled. Combine other ingredients, blend well and chill in refrigerator. When ready to serve, stir lemon-olive oil mixture and pour over artichoke hearts.

PICKLED SHRIMP

1 pound of cleaned shrimp or 2 pounds of green shrimp

Dressing:

2 teaspoons sugar
1 teapsson salt
½ teaspoon mustard
Tobasco sauce to taste
2 tablespoons Worchestershire sauce
1/3 cup catsup
1 cup vinegar
1 cup salad oil

Put layer of clean shrimp in bottom of pint sized jar, then a layer of thin sliced onions, soaked a while in cold water. Sprinkle a little crushed bay leaf and repeat whole process until jar is full. Then pour in dressing. Let stand at least 12 hours in refrigerator before serving.

Cook shrimp in big pot of water to cover all contents. Add a stalk of celery. Cut up lemon or half of lemon with rind, one or two bay leaves and sprinkle a good portion of paprika in pot. After water comes to boil, cook 20 to 30 minutes. Then cool, skin and vein shrimp.

—Mrs. J. A. Grisette

TOMATOES IN OIL
(Pomodori All Olio)

3 tomatoes
3 tablespoons olive oil
2 cloves garlic, sliced thin
¼ teaspoon salt
¼ teaspoon oregano
⅛ teaspoon pepper

Wash, trim and slice tomatoes lengthwise. In another container combine rest of ingredients. Then pour mixture over tomatoes and serve.

—Mrs. Nelle Garrou Hern

Sauces

BAGNO CIAUDO

1 clove of garlic
2 tablespoons of cream
2 tablespoons of butter
olive oil or vegetable oil
2 anchovies

Slice garlic. Put all ingredients in frying pan cook five minutes. Serve keeping sauce hot with burner on table. Cut celery in plate and dip in sauce.
—Mrs. James Henry Pascal

MUSHROOM SAUCE

½ pound sliced mushrooms
¼ cup onion, minced
1 tablespoon parsley, minced
1 tablespoon celery, minced
2 tablespoons carrots, minced
¼ cup butter or olive oil
1 cup tomato paste, diluted in 1½ cups water
salt and pepper to taste

Saute onions, celery, parsley and carrots in butter or oil until onion is soft. Add tomato paste mixture and simmer uncovered for 25 minutes. Add mushrooms, season to taste and simmer for 10 to 15 minutes more. Enough for one pound of macaroni or rice.

PROVENCAL SAUCE
(Sauce Provencale)

6 medium size tomatoes
2 tablespoons olive oil
1 teaspoon chopped parsley
½ teaspoon salt
1 clove garlic, finely chopped
⅛ teaspoon pepper

Wash and place in boiling water for 1 minute the tomatoes. Peel, remove seeds and chop. Heat in saucepan olive oil and garlic. Add tomatoes and the rest of ingredients. Cook slowly 30 minutes. Serve hot over sliced cooked meat or croquettes.

POULTRY LIVER PASTE
(Pate de Foie de Volialle)

2 tablespoons bacon dripping
1 cup boiled chicken livers
1 teaspoon salt
¼ teaspoon thyme
¼ teaspoon freshly ground pepper
2 bay leaves

Heat oil until very hot then add rest of ingredients. Cook 3 to 4 minutes. Remove bay leaves. Rub livers through a sieve. Blend sieved livers well with ¼ cup brandy or sherry. Serve on crisp crackers.

MARINADE - MARINATING SAUCE

1 tablespoon wine vinegar
¼ cup salad oil flavored with
1 tablespoon olive oil (optional)
1 clove of garlic, chopped fine
Sprig of thyme
½ bay leaf
2 tablespoons chopped parsley

Place ingredients in shallow dish in which the food is to be marinated. The thyme and bay leaf should be crushed. Place the meat to be marinated in the platter and spoon the sauce over the meat several times a day. The meat should be turned from time to time. Marinating meat can be as long as desired before cooking, even as long as six days.

Note: Friers delicious marinated in this dressing two or three hours before cooking over outdoor grill.

SAUCE VINAIGRETTE

1 teaspoon chopped onion
1 teaspoon chopped chives
1 teaspoon chopped parsley
1 teaspoon salt
¼ teaspoon freshly ground black pepper
2 tablespoons wine vinegar
¾ cup salad oil with 1 tablespoon olive oil for flavor

Mix all the seasonings with the vinegar and allow them to stand several minutes before combining with the oil. Mix thoroughly before serving emulsifying by shaking in a tightly covered jar or bottle.

Note: This dressing is good served on drained asparagus. Mix thoroughly before serving and chill.

SHRIMP COCKTAIL SAUCE

1 bottle tomato catsup
2 tablespoons Lea & Perrin Sauce
juice of ½ lemon
1 teaspoon salt
⅛ teaspoon white pepper
1 large tablespoon dry horse radish

Soak horse radish in sweet milk about 15 minutes. Mix all other ingredients, then add horse raidsh and mix well. Use over shrimp, also good on other meats. Make about two cups.

—Mrs. Nelle Garrou Hern

STEAK SAUCE

½ cup butter
1 tablespoon Worchestershire Sauce
¼ teaspoon dry mustard
3 tablespoons catsup
½ teaspoon paprika
2 tablespoons lemon juice

Combine all ingredients, add steak drippings, boil one minute and pour over broiled or pan fried steak.

—Nelle Garrou Hern

CHILI SAUCE FOR HOT DOGS

½ cup water
¾ pound beef
¼ pound pork
2 heaping teaspoons chili powder
½ teaspoon black pepper
salt
½ bottle tomato catsup
2 tablespoons vinegar

Cook 1 hour or longer, adding water when necessary.

—Mrs. Gerildean Weaver

CHEESE SAUCE

4 tablespoons butter
5 tablespoons flour
2 cups sweet milk
1½ cups grated American cheese
2 tablespoons lemon juice
½ teaspoon salt

Melt butter in double boiler, add flour, add milk slowly, cook until thick, stirring constantly. Add remaining ingredients. Serve hot over vegetables calling for cheese sauce.

—Nelle Garrou Hern

SAUCE MOUSSELINE

2 eggs
4 ounces of butter
a dash of lemon
1 pint of fresh cream

Put the yolks of the eggs in a double boiler, stirring over a low fire. Add little by little the butter, cream, lemon and seasoning. If the sauce appears to be turning into oil (and there is danger of this) add a little cold water and stir briskly. At the last moment, add chopped parsley and the whites of eggs, which must be beaten solid. Sauce Mousseline is also very good on poached eggs, fish or other easy entrees.

SOUR CREAM DRESSING

1 cup sour cream
1 cup mayonnaise
1½ teaspoons lemon juice
1 clove garlic, minced
1 (1½ ounce) wedge bleu cheese, crumbled
⅛ teaspoon celery salt

Combine all ingredients and blend well. Yields two cups.

FRENCH SALAD DRESSING

¼ teaspoon garlic powder
1½ teaspoon onion powder
¾ teaspoon French prepared mustard
1 ounce garlic wine vinegar
4 ounces peanut or Wesson oil
¼ teaspoon Gumbo File
2 teaspoons Beau Monde
½ teaspoon black pepper
½ teaspoon salt
1 ounce apple cider vinegar
1 pinch Tarragon

Blend dry ingredients, add oil, vinegar and one ounce of plain water. Shake well. Salt and pepper salad to taste prior to adding dressing.

This makes enough dressing for salad for twelve.

—Edward Garrou

TOMATO SAUCE WITH GROUND MEAT
(Salsa di Romodoro e Carne Macinata)

¼ cup olive oil
1 meduim size onion
7 cups tomato juice
1 tablespoon salt
2 bay leaves
1 6-ounce can tomato paste

Brown meat in olive oil into which onion has been cooked until lightly browned. Add slowly tomato juice, salt and bay leaves. Cover sauce pan and simmer over very low heat, about 2½ hours. Add tomato paste. Simmer uncovered over very low heat, stirring occasionally, about two hours, or until thickened. If sauce becomes too thick, add another cup of tomato juice. Remove bay leaves and serve over cooked spaghetti.

—Mrs. Romilda Richard

TOMATO SAUCE WITH CHICKEN LIVERS
(Salsa di Pomodore e Fegatini di Pollo)

Follow recipe as above but substitute ½ pound of chicken livers in place of ground meat.

TOMATO SAUCE WITH WALDENSIAN SAUSAGE
(Salsa di Pomodore e Salseccia)

Follow tomato sauce recipe using about ½ pound Waldensian sausage cut into 2-inch pieces browned in one tablespoon olive oil.

WINE TOMATO SAUCE

Follow tomato sauce recipe. About 30 minutes before sauce is done, add ½ cup dry red wine.

GARLIC AND BUTTER SAUCE

¾ cup butter or margarine
2 cloves garlic, sliced thin
¼ cup water
½ teaspoon finely chopped parsley

Heat butter in skillet add and cook slowly until lightly browned then add slowly water and parsley. Cook about 10 minutes and serve over cooked spaghetti.

—Catherine Dalmas

MINT SAUCE

¼ cup vinegar
1 teapsoon granulated sugar
¼ cup water
1 heaping tablespoonful orange mint and apple mint

Boil all ingredients gently for 10 minutes and cool before serving. Instead of sugar, one heaping teaspoonful of orange marmalade may be used.

Dressings

FRENCH DRESSING (Basic)

¼ cup wine, cider or malt vinegar
¾ cup salad oil
1 tablespoon olive oil for flavor
salt to taste and speck of fresh ground pepper

The above ingredients are basic in French dressing and variations are many. Combine all ingredients in well-corked shaker, or electric blender, until thoroughly emulsified. Pour prior to serving over any combinations of leguminous salad mixtures, or blend with other dressings for fruit combinations.
—Miss Catherine Dalmas

Following are some variations:

For meat combinations: Add 3 tablespoons grated horse radish and a few drops of Worchestershire

For fruit: One may substitute lemon juice for the vinegar, or add ¼ cup grenadine and grated rind of orange and lemon.

For green salads:

Variations may be enjoyed as follows: Adding two tablespoons chopped tarragon leaves. Rocquefort dressing, by adding two tablespoons of rocquefort cheese, or blue cheese, crumbled. Vinaigrette, by adding one gherkin, 3 stuffed olives, one hardcooked egg yolk, chives and parsley chopped very fine.

DRESSING FOR FRUIT SALADS

Mash two tablespoonsful of mint jelly, add the juice of one lemon, a pinch of salt and four tablespponsful of mayonnaise. Mix thoroughly and combine with four tablespoonsful of whipped cream.

Pickles

CHOW CHOW

1 gallon cabbage chopped fine
2 quarts green tomatoes chopped fine
1 quart onions chopped fine
1 cup green hot pepper chopped fine
2 pounds brown sugar
½ gallon vinegar
3 teaspoons all spice
3 teaspoons cinnamon
3 teaspoons black pepper
salt to taste

Cook 30 minutes after mixture begins to boil. Seal while hot. Make about nine quarts.

—Mrs. Mary M. Garrou

DILL PICKLES

Sterilize four 1-quart jars. Place in each jar:

1 clove garlic
6 pepper corns or 1 hot red pepper
3 or 4 cloves
1 sprig of dill with seed

Scrub well, then dry ½ peck straight 3-inch cucumbers. Pack them closely into jars.

Bring to boiling point:

2 quarts cider vinegar
1 quart water
1 cup coarse salt

Fill the jars with this mixture. Seal the jars. Permit the pickles to ripen for five days before serving.

—Margaret Stockton

MUSTARD PICKLES

Sterilize six 1-pint jars.

Mix:

½ cup coarse salt
½ cup dry mustard
¼ cup flour
1 cup brown sugar
½ gallon cider vinegar
celery seed
1 peck cucumbers, cut

Pour boiling water over cucumbers and let stand till cool, then pack in jars and pour solution over cucumbers and seal. Let the solution come to a boil for a few minutes.

—Margaret Stockton

PASTRIES
BREADS

Pastries

CHERRY CARAMEL PIE

1 can condensed milk
1 can pitted sour cherries, drained
½ pint whipping cream

Boil condensed milk three hours in can. Bake pie shell and put drained cherries in bottom. Put juice of cherries in caramel to make it the right thickness. Pour caramel over cherries and top with whipped cream.

—Mrs. Loy Williams

CHOCOLATE FUDGE PIE

Mix 1¾ squares Baker's chocolate with ¼ pound butter.

Beat eggs, 1 cup sugar and ¼ cup flour. Add chocolate mixture and 1 teaspoon vanilla.

Bake in buttered pyrex dish 25 minutes at exactly 350 degrees. Top with whipped cream or ice cream. Let cool before serving.

—Margaret Stockton

RICOTTA PIE
(Cottage Cheese Pie)

2 unbaked 9-inch pie shells
1½ pound cottage cheese
¼ cup flour
2 tablespoons lemon juice
3 eggs, separated
½ pint heavy cream

Combine cottage cheese with sugar, blend in flour and lemon juice. Beat thoroughly. Beat egg yolks until thick and lemon colored and fold into cottage cheese mixture. Beat egg whites until stiff and fold into cottage cheese. Pour filling into unbaked pastry shells and bake in slow oven 300 degrees for one hour. Pie will be just set. Turn off oven, and leave the pies in the oven without opening for one-half hour. Remove from oven and cool thoroughly. Serves 12.

—Mrs. E. Squillario

TORCETTI
(Italian Pastry)

½ pound butter or margarine
½ pound vegetable shortening
(I use three sticks of butter and one of margarine)
5 cups sifted all-purpose flour
½ cup warm milk
½ tablespoon sugar
½ tablespoon vanilla
1 yeast cake
2 eggs, beaten
1 pound confectioners' sugar

Cut butter and shortening into flour until mixture is as fine as corn meal. Combine milk, sugar, and vanilla; stir in yeast until dissolved. Add yeast liquid to flour mixture. Beat in eggs. Add more flour if necessary. Knead slightly. Let rise until double in bulk (about one hour). Cover bread board with confectioners' sugar. Break off small pieces of dough, roll in sugar and shape in figure eights or crescents. Place on greased baking sheet. Bake at 375 degrees for 12 or 15 minutes.

Yields about 6 dozen cookies.

—Mrs. S. H. Scaruffi

LEMON - RAISIN PIE

Pastry for 2-crust pie, 8 inches
1 cup sugar
1½ cups water
1½ cups raisins
¼ teaspoon salt
I lemon
2 tablespoons butter or margarine, softened
3 tablespoons flour

Prepare pastry. Combine sugar, water, raisins and salt in 1½ quart saucepan. Cut half the lemon into thin slices, then into quarters, remove seeds and add to raisin and sugar mixture. Bring to boil, then cover and simmer for 15 minutes. Blend butter with flour and add to raisin mixture, stirring to keep smooth. Bring this mixture to boil and cook until thick—about three minutes. Add juice from remaining half of lemon. Now roll out half of pastry and fit into 8-inch pie pan. Pour in raisin-lemon mixture. Roll out remaining pastry, cut into strips and make lattice top. Bake in hot oven 425 degrees for 30 minutes.

—Mrs. Mary M. Garrou

APPLE CRISP

Butter a round pyrex dish (about 9 x 2). Into this slice four or five apples, as for pie.

Sprinkle with one-half cup sugar and dot with butter. Cover and bake until apples are tender.

Make a batter of the following: one egg beaten, one-half cup sugar, one quarter cup flour, one quarter teaspoon salt, one teaspoon vanilla.

Spread this batter over baked apple mixture and bake, uncovered about 30 minutes, or until top is dry. (The topping becomes macaroon like in baking).

Cut into wedges and serve, warm, plain, with whipped cream or ice cream.

—Mrs. Rita Pons Reich

STRAWBERRY TORTE PIE

(Prize Wining Pie of The Better Home & Garden Magazine)

3 egg whites
1 cup sugar
½ teaspoon baking powder
12 saltine crackers (crushed)
¾ cup nut meats (chopped)
1 teaspoon vanilla
dash of salt
1 package frozen strawberries (thawed)
whipping cream

Beat egg white until sitff. Mix sugar, baking powder, salt and add gradually to egg whites, continue beating until egg whites hold a stiff peak. Fold in cracker crumbs, nut meats and vanilla. Use a wire whisk egg beater to do this. Pour into a greased 9-inch pie plate which has been lighlty dusted with flour. Push meringue higher at sides. With knife handle, flute edge. Bake in slow oven 325 degrees for 35 or 40 minutes. Cool. Fill with strawberries, top with whipped cream and chill. Fresh, frozen or canned peaches may be used or ice cream and crushed fruit.

—Miss Margaret Stockton

PUMPKIN PIE

1 cup sugar
1 tablespoon pumpkin spices
½ teaspoon salt
2 eggs
1½ cups cooked pumpkin
1 tall can undiluted evaporated milk
1 teaspoon lemon flavoring
1 9-inch unbaked pie shell

Blend sugar, spice, and salt. Beat eggs with milk and combine with sugar, spice mixture and pumkin.

Bake in hot oven 425 degrees for 15 minutes. Reduce heat to 350 degrees and continue baking for 40 minutes.

—Mrs. Ed Pons

PECAN PIE

3 eggs
2/3 cup sugar
1/3 cup butter or margarine
1 cup blue label Karo syrup
1 cup chopped pecans

Beat eggs, add sugar, continue to beat then add butter or margarine, continue to beat, add syrup and last chopped pecans. Pour in unbaked pie shell and bake 45 minutes in medium oven, or until pie is set.

—Mrs. Bernice Ribet

Breads

FRENCH BREAD

1 package dry yeast
1 cup warm water
1 teaspoon sugar
½ teaspoon salt
3 cups flour
white of egg

Pour the yeast over the warm water and let stand ten minutes. Sift the dry ingredients into a large bowl. Hollow out the center and pour in the yeast mixture. Mix well. Turn out onto floured board and knead smooth. Then place in greased bowl to rise. Cover to prevent drying.

When double in size, knead down on floured board and set to rise again.

When double in bulk this time, remove to floured board; knead down and shape into two loaves about 15 inches long and three inches wide, tapered at the ends. Brush top with butter. Place on pan sprinkled with corn meal. Let rise again.

Now it is ready for the oven. Make three diagonal gashes in the loaf with very sharp knife and brush the top with slightly beaten egg whites. Bake 30 minutes at 400 degrees.

—Mrs. Lydia Pons

CHEESE BREAD

1 cup milk (scalded)
1 cup American cheese (grated)
1 tablespoon sugar
1 tablespoon butter
1 teaspoon salt
1 cake yeast
3 cups plain flour
melted butter

Add cheese, butter, sugar and salt to hot milk and stir until cheese is melted. Cool to luke warm. Add yeast and let stand three minutes. Add flour to make soft dough and knead. Let stand in warm place until double in bulk. Shape into loaf, place in buttered bread pan and brush top with butter, let rise until double in bulk. Bake in a moderate oven, 350 degrees 50 to 60 minutes.

—Mrs. Nelle Garrou Hern

CHEESE BISCUITS

2 cups plain flour
4 teapsoons baking powder
½ teaspoon salt
3 tablespoons butter
1 cup American cheese (grated)
¾ cup milk

Sift dry ingredients together, work in butter and cheese, add milk and beat until well mixed. Roll one-half inch thick and cut into biscuits. Bake in a hot oven, 400 degrees for 15 minutes.

—Mrs. Nelle Garrou Hern

BLUEBERRY MUFFINS

2 cups plain sifted flour
½ cup drained blueberries
1 teaspoon salt
4 teaspoons baking powder
1 cup milk
¼ cup sugar
¼ cup melted butter
2 eggs

Mix flour and baking powder and add to blueberries. Add all other ingredients and mix together well. Pour into well buttered and floured muffin tin and bake until brown. Bake in hot oven.

—Mrs. Nelle Garrou Hern

60 MINUTE ROLLS

½ cup lukewarm milk
2 tablespoons shortening
1 tablespoon sugar
½ teaspoon salt
1 yeast cake dissolved in 1/3 cup milk
2½ cups flour

Mix in order given. Let rise 20 minutes. Knead, roll 1/3 inch thick. Cut and fold and let rise 20 minutes.

Bake 20 minutes in preheated oven at 400 degrees.

—Mrs. Nelle Garrou Hern

RYE MUFFINS

1 cup rye flour
1 cup whole wheat flour
2 tablespoons molasses
1 cup milk
2 eggs
3 teaspoons baking powder
1 teaspoon salt
4 tablespoons shortening
1 cup raisins (optional)

Sift dry ingredients together. Add eggs, shortening, molasses and milk. Mix well. Bake in greased muffin pan, 400 degrees for 20 minutes.

Yields 12 large muffins.

—Miss Isabel Dalmas

WHOLE WHEAT BREAD AND RYE

2 cups boiling water
6 tablepsoons powdered milk
2 tablespoons shortening
2 tablespoons brown sugar
2 teaspoons salt
1 yeast
6 cups whole wheat flour or 3 cups of whole wheat and 2 cups of rye

To water add shortening, sugar, and salt. When lukewarm add dissolved yeast and powdered milk with enough flour to make a soft dough. Beat thoroughly, cover and place in a warm place to rise. When dough is double in size, add enough flour until the dough is stiff enough to knead; knead well and let rise. Shape in loaves, let rise until double its size. Bake in a 375 degree oven about 50 minutes. This makes two small loaves.

—Mrs. Clestine Dalmas

GARLIC FRENCH BREAD

1 or 2 cloves of garlic
½ cup soft butter
French bread

Mince 1 or 2 cloves of garlic very fine, add soft butter, blend. Let stand about 30 minutes. Cut loaf French bread into slices, leaving slices attached to one side of loaf. Spread garlic butter between the slices and over the top. Heat in a moderate oven, 350 degrees 10 to 15 minutes in aluminum foil. Serve hot. Good with steaks.

—Mrs. Evelyn Pons Bronson

AGGIE MUFFINS

1 cake yeast
2 tablespoons of sugar
1 egg
1 cup warm water
1/3 cup shortening
1 teaspoon salt

Cream yeast with sugar, add egg, beat, add one tea cup of warm water, then shortening.

In another bowl, put three cups of sifted flour with one level teaspoon of salt, add liquid mixture to flour. Beat and drop in greased muffin rings and let stand for about two hours out of draft. Bake for about 10 or 15 minutes. When half done, grease with butter.

—Mrs. L. R. Burris, Sr.

CORN BREAD OR CORNMEAL MUFFINS

2 cups enriched cornmeal
¾ teaspoon soda
¾ teaspoon salt
1 egg
2 teaspoons melted shortening
1½ to 2 cups buttermilk

Beat egg until light. Add part of the buttermilk. Sift together into a bowl the meal, soda, and salt. Add the egg and milk mixture to the dry ingredients. Add the melted shortening and as much of the remaining buttermilk as needed to make a smooth batter. Pour into a greased and sizzling hot pan or muffin tins and bake in a quick oven 400 degrees for about 25 minutes.

CORN PONE

2 cups enriched cornmeal
1 teaspoon salt
2 tablespoons melted fat
1½ cups hot water or milk
2 teaspoons baking powder

Mix the meal and salt. Add the fat and hot water or milk. Cool. Stir in the baking powder. Shape into small cakes or pones. Place on well-greased pan and bake in a hot oven 450 degrees or cook on griddle iron.

SPOON BREAD

1 cup enriched cornmeal
1 teaspoon salt
1 tablespoon shortening
2 cups water
2 eggs
1 cup mlik

Cook cornmeal, salt, shortening, and water in double boiler for 10 minutes, stirring until thick and smooth. Allow to cool. Add the well-beaten eggs and thin down with the 1 cup of milk. Beat well. Pour into a greased baking dish and bake in a moderate oven 350 degrees for about 30 minutes. Serve at once.

HUSH PUPPIES

½ cup sifted all-purpose flour
2 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1½ cups enriched cornmeal
1 small onion, finely chopped (optional)
1 beaten egg
¾ cup milk

Sift together dry ingredients. Add onion. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy into hot deep fat, 360 degrees frying only a few at a time. Fry until golden brown. Drain on absorbent paper. Makes two dozen hush puppies.

CORNMEAL MUSH

½ cup enriched cornmeal
2½ cups boiling water
¾ teaspoon salt

Sprinkle enriched cornmeal, stirring constantly, into rapidly boiling water. Add salt. Cook 30 minutes over direct low heat, or in double boiler one hour.

FRIED MUSH

Prepare enriched cornmeal mush. Pour while hot into pan or mold which has been rinsed in cold water. Smooth the surface of mush. Cool unitl firm. Remove from mold. Cut in ¾ inch slices. Brown in hot fat.

HOECAKE

1 cup enriched cornmeal
1 cup boiling water or milk
¾ teaspoon salt

Moisten salted enriched cornmeal with boiling liquid, allow to stand a few minutes. Put two or three teaspoons of this on hot greased griddle. Pat into cakes one-half inch thick and let it cook. When one side is done, turn over and brown the other. Serve very hot. Good with fish or vegetables.

MEATS

Beef
Veal
Lamb
Venison
Pork
Rabbit
Squirrel
Poultry
Dressings and Stuffings
Guinea Hen
Squab
Fish

Beef

RAVIOLI

1 four or five pound chicken, boiled
1 pound pork, fried or baked
1 pound veal, fried or baked
½ pound imported Swiss cheese, (can be substituted with other kind of cheese)
1 dozen eggs
¼ pound of butter
A little spinach
Bread sticks or cracker crumbs, enough to hold together

Add parsley, celery, salt and pepper to taste, other ingredients if desired.

The above mixture is for inside of Ravioli which is ground and made into small balls.

The following pastry is prepared for the outside:

For each cup of flour at least one egg is used. Any kind of salad oil or water to have pastry soft enough to roll and place over balls and trim around. After balls are covered with the pastry, they should be left in cool place to dry for at least 24 hours.

When ready to cook these should be boiled in broth or water for about 20 or 30 minutes. When Ravioli are removed from broth a well prepared tomato sauce is to be poured over them and place in moderate oven for 15 to 30 minutes in baking dish.

The above recipe will serve 25 people. Another way of making pastry:

10 cups of flour
15 eggs
Oil and very little water

TOMATO SAUCE

¾ pound butter
2 onions
2 buttons garlic
3 cans tomato paste
3 cans tomatoes (or tomato juice)
3 small cans mushrooms (may be left out)
2 or 3 chicken livers
1 sprig rosemary
Parsley, bay leaf and celery
2½ tablespoons sugar
Salt and pepper

Saute chopped liver and onions in fat until golden brown, add tomatoes and paste. Place garlic, bay leaf, rosemary and celery in a small chese cloth bag and put in with rest to cook slowly for 2 or 3 hours. Mushrooms may be added near the end of the cooking period. Season with salt, pepper and sugar. This recipe makes enough for serving 25 for the Ravioli recipe above.

—Mrs. Ben Pons

Les CALIETTE
(Pronunced: Ka-yet-tes)

½ pound soda crackers or bread sticks
4 whole eggs
1¾ cups whole sweet milk
½ pound ground cured ham
1 ounce grated parmesan cheese
1 teaspoon ground cinnamon
1 pinch black pepper
12 to 15 large cabbage leaves
Add salt only if necessary

Soak crackers in milk until soft. Add eggs, ham, cheese, and all other ingredients except the cabbage leaves and mix thoroughly.

Scald cabbage leaves with boiling water to make them pliable. Wrap 1 tablespoon full in each cabbage leaf and tie securely with white string. Place caliette in pot containing 3 quarts of **vigorously** boiling salted water and continue to boil for ½ hour with cover on pot. Remove from pot and serve as the main dish with a salad.

Makes six average servings.

—Mrs. James Henry Pascal

LES CAGLIETTA
(Pronounced: Lay Ka-yet-tes)

1 clove garlic
1 small onion
1 pound salted crackers
1 package chopped frozen spinach
1 large cabbage
10 eggs
Soup meat for broth
Bacon, butter nutmeg, red pepper seeds, salt, pepper and grated Italian cheese

Crush crackers with hands in large bowl; then add some broth to moisten the crackers (do not get too moist).

Fry a small onion cut up fine in bacon, which has also been cut up fine, until golden brown. Include a clove of garlic. Then add the spinach that has been cooked to the onion and bacon and cook just a few minutes. Take out clove of garlic.

Beat the eggs slightly, add salt (be careful not to add too much as the crackers are salted), pepper, a little nutmeg and a dash of red pepper seeds. Pour this egg mixture over the crackers and stir well with a two-tine fork. (This to keep it fluffy). Add the spinach and mix thoroughly. Lastily, add a handful of Italian grating cheese.

Cabbage: Take cabbage and put in boiling water for a few minutes to wilt the leaves. Separate leaves and when you come to the leaves that are hard, put back in boiling water and repeat process until all the leaves have been wilted. (Be careful not to cook cabbage or it will not hold the mixture). Put two tablespoons in a leaf of cabbage, fold over or wrap and tie with string. Broth can be diluted considerably so that you will have a good pot full of liquid. Put the cagliettas in the boiling broth and cook for twenty to twenty-five minutes (when cabbage leaves are done), take out, drain well, arrange on large platter. Remove string, Melt butter in frying pan. Pour over cagliettas and then sprinkle generously with grated cheese. Serve hot. This makes about 24 cagliettas.

The cagliettas may be made in advance and put in the refrigerator and cooked just before serving time.

Broth: Get about 2 pounds of short ribs of beef or inexpensive beef, and ask the butcher for a bone (tell him to crack it). Put in big kettle with cold water, add celery, parsley, onion studded with whole cloves, and carrot, and cup of tomatoes or a tablespoon of tomato paste. Suit your taste on this and cook for a couple of hours.

—Mrs. Emanuel Richards

TV MEAT LOAF

2 pounds good ground beef
6 slices bread, soaked in 1 cup milk
2 eggs, beaten
Onion or garlic to taste
1 tablespoon pepper
1 tablespoon salt
1 small can tomato paste
1 pound cubed cheese
(For best results use a mild cheese)

Mix lightly, do not try to shape. Bake two hours 300 degrees.

Serves 10 or 12.

—Mrs. Walter Pons

MEAT LOAF
(With Raw Potatoes)

1 pound ground round steak
¼ pound pork, rather fat, ground with steak
1 cup milk
1 egg
1 cup bread crumbs
1 large, or 2 small Irish potatoes, ground
½ can tomato soup, thick
Little chopped onion, salt and pepper

Mix ingredients into a loaf. Bake in a well greased loaf pan about 1½ or 2 hours, at about 400 degrees. The Irish potatoes keep the loaf nice and moist.

—Mrs. John Simmons

PENNY WISE STEAK

1½ pounds ground beef (a good grade of hamburger meat may be used)
½ teaspoon salt
⅛ teaspoon pepper
½ cup dry bread crumbs
¼ cup grated onion
¾ cup milk

Mix ingredients together. Roll out into individual patties or one large one. Broil in oven for 12 minutes on one side, turn and broil on other side for 10 minutes. Serves 6 to 8.

—Mrs. Evelyn Bronson

SAUTEED LIVER

Roll ½ inch thick slices of liver in wheat germs. Melt butter or margarine in iron skillet. Saute' liver about 3 minutes on each side. Serve with onions, apples, and add a little sour cream to liver, let simmer 5 minutes.

Sprinkle with chopped chives, green onions or parsley.

—Miss Isabel Dalmas

TONGUE

1 veal tongue about 2 pounds
1 teaspoon salt
2 chopped onions
1 bay leaf
1 chopped carrot
1 chopped celery stalk

Put tongue in large pot, cover with cold water and add remaining ingredients. Cook covered over low heat until skin of tongue curls back. About 1½ hour. Drain, and reserve liquid to use as stock. Cool tongue and when cool enough to handle, remove skin and any excess fat. Slice and serve, either hot or cold. Serve with following sauce.

Wine Sauce

1 teaspoon sugar
1 tablespoon wine vinegar or
1 cup sauterne
2 tablespoons raisins

Combine sugar and vinegar and cook over low heat until sugar is dissolved. Do not allow to boil. Add remaining ingredients and cook about 15 minutes. Pour over sliced tongue and serve hot.

—Mrs. E. Squillairo

ALOUETTE SANS TETE
(Stuffed Steak)

1½ pound steak, beat very thin, cut into 3 inch squares.

Grind:
½ pound lean bacon
½ bunch parsley
½ onion
1 clove garlic
Salt and pepper to taste

Mix ground ingredients thoroughly, place small amount on 3 inch square of steak. Roll and fasten with toothpick. Flour and fry in hot fat until brown. Add water and simmer 3 hours.

—Mrs. James Henry Pascal

BEEF ROLLS

2 pounds round steak, cut about ½ inch thick
2 cloves garlic, chopped
1½ teaspoons grated Parmesan cheese
1 chopped hard boiled egg
1 teaspoon chopped parsley
3 slices bacon, cut in very fine pieces
2/3 teaspoon salt
⅛ teaspoon pepper

Mix the above ingredients and spread on steak, roll up steak to enclose mixture and tie securely.

1/3 cup olive oil

1 sliced small onion

Add steak roll and brown slowly on all sides.

In another skillet combine 3 cups tomato juice, salt and pepper to taste and 2 bay leaves. Slowly add tomato mixture to browned steak. Cover skillet and simmer until steak is tender. Remove string and bay leaf and serve hot.

—Nelle Garrou Hern

BEEF BOURGUIGNONNE

Cut chuck or bottom round into pieces and marinate for three hours in brandy and red wine. Braise the meat, moistened by its marinade.When that is somewhat reduced add veal gravy and ½ pint of espagnde sauce per quart of liquid. The liquid should reach the top of the meat. Add a bouquet garni and some mushroom peelings.

Bring to a simmer and then transfer to a slow oven. When the meat is two-thirds done or has been in about an hour or an hour and ½ transfer it to another pan. Surround it with mushrooms cut in halves or quarters, which have sauteed in butter, bacon which has been diced blanched and tossed in butter, and some small white onions which have been half-glazed in butter. Strain the sauce over the beef and its garnish and complete the cooking gently.

Courtesy: Armandos Restaurant
133 East 61 Street
New York 21, New York

IRISH STEW

For two pounds of boned breast or shoulder of lamb add two pounds of sliced potatoes and two pounds of chopped onions.

Put a layer of the meat in the casserole cover with a layer of potatoes and onions then a layer of meat so alternating that the top layer is of potatoes.

Place a bouquet carni in the center and cover completely with water or stock about one and one-third pints.

Bring to a boil and then cook with the lid tightly closed over a low fire until done.

Courtesy: Armandos Restaurant
133 East 61 Street
New York 21, N. Y.

LASAGNE

1 pound Lasagne noodles
4 quarts water
¼ cup salt
4 tablespoons olive oil
6 cups tomato sauce
1 pound ground beef
2 hardcooked eggs
¼ cup grated parmesan cheese
½ teaspoon pepper
1 cup Ricatta cheese
¾ pound Mozzarella cheese

Note: Tomato sauce is per Tomato Sauce Recipe.

When sauce is nearly done, boil water in large saucepan with salt and one tablespoon of olive oil, then gradually add the Lasagne noodles. Boil rapidly uncovered 15 minutes or until noodles are tender. Heat in skillet 3 tablespoons olive oil, add and cook until browned, breaking into small pieces with fork or spoon the one pound ground beef. Drain noodles by pouring into a colander or large sieve. Pour ½ cup of the tomato meat sauce into a baking dish. Top with a layer of noodles—about one-third of the noodles—and one-half of the Mozzarella cheese, sliced, then add one-half of browned ground beef and 1 hardcooked egg, sliced. Sprinkle with one-half of grated Parmesan cheese and one-half of pepper. Top with one-half of Ricatta cheese. Beginning with sauce again, repeat layering, ending with Ricatta cheese. Top Ricatta cheese with one-half cup sauce. Arrange over this remaining Lasagne noodles. Top with more sauce. Bake in oven at 350 degrees about 30 minutes or until mixture is bubbling. Let stand 5 to 10 min-

utes to set layers. Cut into squares and serve topped with remaining sauce (about six servings).

—Mrs. Celestine Dalmas

PIZZA PIE

1 medium onion, sliced thin
¼ cup butter or shortening
1 2-oz. can tomato paste
3 cups water
salt and pepper to taste
1 teaspoon oregano
½ cup grated Romano or Parmesan cheese

Saute onion in butter until light brown, stirring occasionally. Add anchovies and oil from anchovy can. Stir constantly until achovies are dissolved. Add tomato paste and water and stir until well blended. Add seasoning and oregano and simmer uncovered until mixture is thick — about one hour — stirring occasionally. Grease the bottom of pan and pat and stretch pizza dough to fit the pan pushing dough well to fit corner. Spread filling on top and allow to rise for 18 minutes. Sprinkle with cheese and bake in moderate oven 375 degrees until pizza is golden brown, about 30 minutes. Serve immediately. Serves 4 to 6.

—Mrs. E. Squillario

SPAGHETTI WITH MEAT BALLS

Tomato Meat Sauce Recipe

¼ cup olive oil
½ cup chopped onion
½ pound beef chuck
½ pound pork shoulder
¾ cup (6-oz. can) tomato paste
7 cups (No. 2½ cans) tomatoes, sieved
1 tablespoon salt
1 bay leaf
½ cup water

Heat in a close fitting saucepot ¼ cup olive oil, add and cook until lightly browned ½ cup onion, add and brown, turning occasionally the beef chuck and pork shoulder, add slowly mixture of sieved tomatoes, salt and bay leaf. Cover saucepot and simmer over very low heat about 2½ hours. Add the tomato paste. Simmer uncovered over very low heat, stirring occasionally, about two hours, or untli thickened. If sauce becomes too thick, add the ½ cup water or better still substitute with additional sieved tomatoes. Remove meat and bay leaf from sauce. Serve over cooked spaghetti. About 4 cups.

Meat Balls Recipe

To be served over spagetti and tomato meat sauce

½ pound ground beef
½ pound ground pork
1 cup soft bread crumbs
1 tablespoon grated Parmesan cheese
2 tablespoons olive oil
1 tablespoon minced parsley
1 egg well beaten
1 teaspoon salt
¼ teaspoon pepper
1 clove garlic, minced

Mix lightly above ingredents—all but olive oil and garlic—shape into balls about one inch in diameter. Heat in skillet olive oil and garlic, add meat balls and brown on all sides, turning occasionally. Pour off excesss fat as it forms. Remove meat balls from skillet. Add meat balls to Tomato Meat Sauce about 20 minutes before sauce is done.

Surround above meat balls on platter with cooked spaghetti. Cook 8 oz. unbroken spaghetti in four quarts of rapidly boiling water, to which has been added 1 tablespoon salt 10 to 12 minutes until tender. Place drained spaghetti on warm platter, top with Tomato Sauce and sprinkle with grated Parmesan or Romano cheese.

The above will take care of four to six servings.

CROQUETTES

2 cups cooked meat, (beef, veal, lamb, chicken or fish)
1 teaspoon chopped parsley
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter
2 tablespoons flour
½ cup stock or water
½ cup chopped mushrooms
1 egg yolk
1 egg, beaten with 2 tablespoons oil
fine bread crumbs

Chop the meat or put it through a meat grinder. Add parsley, salt and pepper. Melt butter in a heavy saucepan. Stir in flour and add water, stirring until well blended. Add the meat and mushrooms. Simmer 20 minutes without a cover so that the mixture will be very thick. Taste for seasoning and add more salt and pepper, if necessary. Chill the mixture and add unbeaten egg yolk. Form the croquettes in balls or long ovals, using 1 tablespoon of the mixture for each. Dip in the egg beaten with oil and roll in bread crumbs. Fry in deep fat (375 degrees) until golden brown (3 to 5 minutes) and serve with fried parsley.

BARBECUED FRANKFURTERS

12 frankfurters
1 large onion
1 green pepper
½ cup celery
3 tablespoons sugar
4 tablespoons lemon juice
¾ cup water
1½ teaspoon dry mustard
1½ cups tomato catsup
3 tablespoon butter
3 tablespoons vinegar

Chop the pepper, celery and onion well and cook slowly in butter until tender. Add remaining ingredients and simmer for 10 minutes. Place franks in shallow baking pan and pour the barbecue sauce over them. Bake in 350 degree oven 30 minutes. This is especially ideal for picnics and outdoor cooking.

FRANKFURTERS IN TOMATO SAUCE

Cut up a few strips of bacon into small cubes and add finely chopped onion. Fry together until onion is brown and soft. Add a can of tomatoes and one dozen frankfurters. Simmer for one hour.

—Mrs. Nelle Garrou Hern

Veal

VEAL LA PIZZIOLA

Brown garlic, parsley and thyme in vegetable oil. When good and brown put veal in and add either fresh tomatoes or tomato puree. Simmer for about an hour. Fat may be used in place of vegetable oil.

ESCALOPE DE VEAU

1 pound thin veal cutlets
2 beaten eggs
½ cup flour
⅛ pound butter
1 sliced lemon
½ cup cracker meal

Have veal flattened and cut into pieces. Roll veal in flour and then dip into egg batter, roll into cracker mixture. Brown cutlets in melted butter. Serve with lemon.

—Mrs. James Henry Pascal

VEAU AU VIN ROUGE (Veal in Red Wine)

1½ pounds breast or shoulder of veal, cut in small pieces
2 tablespoons butter
2 tablespoons flour
1 cup hot water
1 cup red wine
1 teaspoon salt
¼ teaspoon pepper
2 cloves
herb bouquet
8 small onions
¼ pound mushrooms

Melt butter in heavy saucepan. Brown pieces of meat on all sides. Remove the meat and add flour, moisten with water and wine and stir until well blended. add salt, pepper, cloves and herb bouquet (this is made up of 4 sprigs of parsley, sprig of thyme and 1 bay leaf and tied together so that herbs will not loosen and float in sauce), onions and mushrooms. Add meat, and cover and simmer 1½ hours. Remove herbs, skim off any accumulated fat and serve.

BLANQUETTE DE VEAU

3 pounds of H-bond veal
½ pound carrots
3 onions
large glass of white wine (milk may be used if preferred)
½ lemon
1 egg yolk
1½ quarts of bouillon made with the bones of the veal
2 oz. butter
1 tablepsoon flour

Cut the meat in pieces and start cooking. While the water is still cold, add carrots. Season to taste with salt and pepper. Add the onion and cook for an hour. Put the butter in a casserole and add the flour, stir on a low, slow fire, add wine, a dash of lemon and the yolk of an egg. Mix well and add to the meat. Cook for 40 minutes without boiling.

—Mrs. Celestine Dalmas

SCALLOPINI (Veal in Wine)

1¼ pounds veal, have pieces cut about ¼ inch thick

Brown on both sides in hot butter. Remove meat from pan.

Add to pan ¼ cup butter, about 2 ounces wine, stir well mixing from bottom. Pour mixture over veal and serve piping hot.

Serves 4 people.

—Steve Grill

PARMESAN VEAL

1¼ pounds veal

Brown in hot butter, about ten minutes.

Place in shallow baking dish. Put about 3 tablespoons spaghetti sauce and slice of cheese on each piece of veal. Put in oven until cheese melts. Serve hot. Serves 4 people.

If desired each piece of veal may be placed on bun or slice of bread before putting in oven.

—Steve Grill

VEAL CHOPS ITALIAN STYLE

4 veal chops
2 large Spanish onions
4 large Irish potatoes
1 cup beef broth or B. cube
½ cup grated Parmesan cheese
salt
pepper
butter

Peel and chop onions fine, brown in butter. Place in buttered baking dish. Brown veal chops in same pan. When brown, place on top of onions, dot with butter and sprinkle cheese on top. Peel and slice potatoes very thin. Put on top of chops and sprinkle with salt and add more butter and cheese. Pour broth over all. Bake.

—Mrs. Aldo Martinat

MILK FED VEAL CHOPS ITALIENNE

8 oz. lean veal chop
1 slice of Proscuito
1 slice of Swiss cheese

Butterfly veal chops, roll Swiss cheese around Proscuito and insert in veal chop. Press firmly.

Breading:

2/3 fresh white bread crumbs
1/3 grated Parmesan cheese, chopped parsley, chopped white leaves of celery
1 chopped clove garlic
1 pinch of oregano
1 pinch of rosemary
Mix well.

Dredge seasoned veal chop in flour, eggwash, and special breading. Cook slowly in clarified butter 20 minutes.

Courtesy: Armandos Restaurant
133 East 61 Street
New York 21, New York

Lamb

EPAULE DE MOUTON FARCIE
(Lamb Shoulder Stuffed)

4 pounds boned shoulder
½ pound sausage meat
1 teaspoon chopped onion
2 tablespoons butter
1 teaspoon chopped parsley
salt and pepper

Have butcher bone shoulder leaving same unrolled. Fill the center with stuffing made by combining sausage meat, onion, parsley, salt and pepper rolling and tieing securely. Brown the meat in melted butter. Add 1 cup of water, cover and place in 300 degrees oven. Cook 2½ hours, adding a little water from time to time so meat will not be too dry. Serve sliced garnished with sprigs of parsley.

LAMB PEASANT STYLE

2 pounds cubed lean stew
¼ cup olive oil
1 chopped clove garlic
3 anchovy fillets, cut into 1 in. pieces
pinch of rosemary
½ cup sautern or white vinegar

Brown lamb in oil over medium heat on all sides, turning occasionally. Remove meat from pan and keep warm. Add garlic to oil and brown. Add anchovies and cook until they are reduced to paste. Add remaining ingredients to anchovies and then return meat to pan, cover pan and cook over medium heat until meat is tender. Serve very hot with boiled rice.

Serves 4-6.

Serve with green salad.

—Mrs. E. Squillario

Venison

ROAST VENISON

Wipe meat with damp cloth. Soak in wine 24 hours.

½ cup Wesson oil
¼ cup vinegar
¼ cup tomato catchup
1½ tablespoons mustard
1 tablespoon sugar
1 teaspoon Worchestershire sauce
1 teaspoon salt
½ teaspoon pepper
1 teaspoon paprika
1 or 2 cloves of garlic

Place meat in roasting pan, grease well with oil. Put clove or two of garlic in meat. Baste meat in sauce during roasting. Cook in slow oven 325 degrees for 35 to 40 minutes per pound until well done. Remove roast and make gravy with drippings.

—Mrs. D. H. Martinat

HUNTER STYLE DEER

Combine 1 finely chopped onion, 2 cups finely chopped celery, one cup wine. Soak deer meat in this overnight.

Roast meat in usual manner.

Cook slowly in frying pan 4 onions, 1 leak, 2 cloves garlic, several slices of bacon cut in small pieces. When ingredients are done, remove from pan and strain. To the juice add two ounces wine, one can tomato paste and 1 quart tomatoes. Heat. Pour over roast and let simmer for about 30 minutes.

—Steve Grill

Pork

BARBECUE RIBS

3 pounds spare ribs

Combine:

1¼ cups catsup
1 tablespoon prepared mustard
1¼ cups water
¾ cup vinegar
3 tablespoons Worchestershire sauce
3 tablespoons brown sugar
3 teaspoons chilli powder
3 cloves garlic, chopped fine

Place ribs in large baking dish. Slice two small onions, spread over ribs. Pour sauce over ribs. Bake in moderate oven 350 degrees 1¼ hours, or until tender. Serve ribs with hot rice using barbecue sauce for rice.

Serves 4.

—Mrs. Susanne (Richards) Scaruffi
Chicago, Ill.

PORK CHOPS WITH CHESTNUTS AND RED CABBAGE

6 thick loin pork chops
1 egg, beaten
2 tablespoons butter
25 chestnuts
2 tablespoons flour
1 cup stock
1 teaspoon lemon juice
1 large red cabbage
3 teaspoons chopped parsley
salt and pepper

Trim and wipe chops. Dip in beaten egg and brown them in melted butter five minutes on each side. Reduce heat, cover and cook 20 minutes longer. Remove chops and keep in a warm place. Stir the flour in the fat, add salt and pepper, moisten with stock and simmer 10 minutes. While the chops are cooking, combine chestnuts, which have been previously parboiled 20 minutes and peeled, with shredded red cabbage. Boil 15 minutes and drain. Arrange the chops in the center of heated platter, surround with cabbage and chestnuts. Add lemon juice and parsley to the sauce, strain into a gravy bowl and serve with chops.

BAR-B-CUED ROAST PORK

1 five-pound pork loin or 8 pork chops, cut about an inch thick

1/3 cup finely chopped onion
1/3 cup finely chopped celery
½ clove garlic, minced
2 tablespoons brown sugar
2 teaspoons prepared mustard
1 can condensed tomato soup
2 tablespoons Worchestershire sauce
2 tablespoons lemon juice or vinegar
4 drops Tobasco sauce

Place pork in a shallow pan and roast in a slow oven (325 degrees) for two hours. Combine sauce ingredients. Mix well and pour over roast. Continue cooking for 1½ hours basting frequently. If pork chops are used, brown before adding sauce. Finish cooking in oven.

—Mrs. Nelle Garrou Hern

WALDENSIAN SAUSAGE

10 pounds coarsely ground fresh pork
6 tablespoons salt to taste
1 tablespoon nutmeg
2 tablespoons cinnamon
1 tablespoon all spice
3 tablespoons coarse ground black pepper
6 tablespoons garlic buttons, chopped fine (optional)

Mix and let set over night before stuffing into the casings. Take ¼ pound casings.

—Mrs. H. F. Martinat

SAUSAGE AND CABBAGE

1 pound link sausage
1 tablespoon butter or bacon fat
3 tablespoons flour
1 medium cabbage
2 cups hot water
salt and pepper
3 to 4 sprigs of parsley
1 sprig of thyme
1 small bay leaf

Prick the sausage with a fork and fry in sizzling hot fat until they are well browned. Remove the sausage and add the flour. Brown the flour and stir in the water. When the flour and water are blended, add parsley, thyme, bay leaf, salt and pepper and bring to a boil. Meanwhile quarter a cabbage and boil 15 minutes. Add the well-drained cabbage and the sausages to the sauce and simmer 30 minutes. Pile the cabbage in the center of a warm platter. Place the sausages on it. Pour the sauce around the cabbage.

BARBECUED PORK CHOPS

Have pork chops cut approximately 1 inch thick. Cook over low charcoal coals for approxmiately two hours. Turn and baste often with the sauce below. Salt to taste.

1 bottle tomato Ketchup
½ bottle A-1 Sauce
juice from 1½ lemons
1 ounce vinegar
1 meduim sized onion, chopped very fine
1 teaspoon salt
1 teaspoon black pepper
¾ cup Wesson oil

Place in pot and simmer for fifteen minutes. Then add Log Cabin Syrup and Tobasco to taste.

This makes enough sauce to baste 10 chops.

HAM IN WHITE WINE SAUCE

6 to 8 thin slices uncooked ham
2 tablespoons butter
2 tablespoons flour
1 cup dry white wine
salt and pepper

Melt butter in frying pan. When the butter is sizzling hot, brown the ham slices on both sides. Allow five minutes for cooking the ham. Remove the meat, stir in the flour, moisten with white wine, and stir until the sauce begins to thicken. Season with only a little salt, as the ham is quite salty. Add a dash of freshly ground black pepper. Place the slices of ham on a hot platter. Pour the sauce over the ham and garnish with sprigs of parsley.

—A. A. Pons

MOUSTARDELLA

1 quart blood from freshly killed hog
2 quart crisp lard cracklings, fine
1 good sized hog liver, ground
2 tablespoons cinnamon
1 tablespoon nutmeg
12 garlic buttons, chopped fine
2 cups cooked onions, fried
¾ cup salt (boiling takes out some salt)

Let stand overnight before stuffing into casings.

—Mrs. H. F. Martinat

Rabbit

LIEVRE AU VIN
(Hare in Wine)

1 young hare
2 tablespoons butter
salt and pepper
1 cup stock
dash of nutmeg
1 teaspoon chopped parsley
1 cup dry white wine
2 teaspoons chopped onion
¼ teapsoon powdered thyme

Cut young hare, dressed and cleaned, into pieces for serving. Melt butter in large frying pan and brown the pieces well on both sides. Add the seasonings, wine, stock—or water, cover and simmer about 30 minutes. Serve in the sauce.

RABBIT IN WINE

1 rabbit dressed

Freeze rabbit for two days. Take rabbit from freezer and thaw. Marinate in one cup wine for two hours or more turning occasionally.

Brown one finely chopped onion in melted shortening. Add rabbit, salt and pepper. Cook covered slow for 20 minutes. Add ¼ cup wine, cook covered for another 20 minutes.

Add fresh tomatoes or one medium size can tomatoes. Cook until done keeping covered at all times.

—Madeleine Grill

Squirrel

SQUIRREL WALDENSIAN STYLE

1 dressed squirrel
1 large onion
½ can toamto paste
1 tablespoon butter
1 clove garlic
½ can whole tomatoes
salt and pepper
dash A-1 sauce
Dash Worcestershire sauce
small bay leaf
about 1 cup water

Cut up squirrel. Boil in water for about 20 minutes. Drain. Combine remaining ingredients, pour over squirrel and cook over low heat until done, about 1½ hour. Before serving, sprinkle chopped parsley over mixture and simmer a few minutes longer.

—Mrs. Humbert Leger

Poultry

CHICKEN CACCIATORA

2 small chickens about 3 pounds each, cut in serving pieces
½ cup olive oil
1 clove garlic
½ teaspoon rosemary
1¼ teaspoons salt
¼ teaspoon pepper
6 anchovy fillets, chopped
2/3 cup wine vinegar
1 cup red Chianti or other dry red wine
3 tablespoons tomato paste
1/3 cup chicken broth or water

Cook chicken, garlic and oil in skillet over a high flame for about five minutes, turning constantly. Remove garlic. Mix salt, pepper, rosemary, anchovies, vinegar and wine together. Add to chicken and simmer uncovered until liquid is reduced one third, about 10 minutes. Dissolve tomato paste in chicken broth or water and pour over chicken. Simmer covered for 20 minutes. Serve with green salad.

—Mrs. Nelle Hern

LOUISIANA BARBECUED CHICKEN

Use from 2 to 2½ pound fryers. Cut in half. Two hours before barbecueing salt and pepper, (both sides). Cook on grill over low charcoal fire, have bed of coals about 14 inches from grill. Cook about two hours, basting and turning frequently. Add charcoal as needed to maintain low even heat.

Barbecue Sauce:

Melt two sticks of butter. Add 3 chopped or ground medium onions, ½ head of garlic, juice from 3 lemons, 1 tablespoon Worchestershire Sauce and ¾ cup Wesson oil.

This makes enough sauce to baste 6 halves.

—Dan Picou

CHICKEN A LA KING

2 tablespoons chopped green pepper
1 cup sliced mushrooms
¼ cup butter
3 tablespoons flour
2 cups milk
¼ teaspoon salt
few grains pepper
2½ cups diced, cooked chicken
1 beaten egg yolk
2 tablespoons finely cut pimento

Lightly brown green pepper and mushrooms in butter, add flour and blend.

Add milk and seasonings, cook until thick stirring constantly.

Add chicken, egg yolk and pimento, continue cooking 10 minutes.

Serve on biscuits, hot buttered toast or in pastry shells.

Serves 6.

—Mrs Mary M. Garrou

TAGLIARINI CON FEGATINI

Narrow Noodles with Chicken Livers

¾ pound chicken livers
¾ pound narrow noodles
4 tablespoons olive oil
½ cup grated Italian cheese
1 large can tomatoes
1 cup cooked or canned peas
1 clove garlic, chopped
salt and pepper to taste

Chop livers, brown in hot oil. Add

garlic, salt, pepper and tomatoes. Cover, simmer slowly for 40 minutes. Add peas, simmer for 20 minutes longer.

Cook noodles in rapidly boiling salted water, as usual. When tender, drain, arrange on heated platter and pour hot sauce over them. Sprinkle with cheese. Serve very hot. Serves 4.

CHICKEN AND WINE

2 or 2½ pound chicken or 8 choice pieces
¾ cup flour
1 tablespoon salt
½ cup fat
½ teaspoon pepper
1 teaspoon paprika

Clean chicken and cut in serving pieces. Mix flour, salt, pepper and paprika. Roll chicken in flour mixture, lightly brown on all sides in hot fat. Reduce heat and cook slowly about ¾ hour. Pour off fat, add ½ cup wine and sprinkle ¼ teaspoon thyme over chicken. Cook 15 minutes more, turning pieces until chicken has absorbed the wine.

1 small can of mushrooms may be added the last 15 minutes, if desired.

—Mrs. D. H. Martinat

CHICKEN LOAF

3 cups diced cooked chicken
1½ cups bread crumbs
5 eggs, leave out two whites for sauce
chicken broth and milk enough to mix well
salt and pepper to taste
4 pimentos, chopped
½ cup celery
½ cup peas

Mix and bake at 325 degrees for 50 minutes or until done. Then make the following sauce to pour over it.
Sauce:

Heat just before serving one can of mushroom soup. Stir in gently the two remaining egg whites which have been beaten until stiff.

—Mrs. L. R. Burris, Sr.

POLENTA RING WITH CHICKEN LIVERS

To make Polenta—Bring 2 quarts of water in large saucepan and two teaspoons salt to boil, add two cups yellow corn meal, stirring constantly with wooden spoon to prevent lumping, cook over medium flame for about 45 minutes or until it forms crust at bottom and sides of pan. When done, place Polenta in a well buttered two quart ring mold, and keep warm by placing ring in hot water.

Chicken Livers and Mushroom Filling:

1 pound mushrooms, sliced
1½ pounds chicken livers, coarsely diced
4 tablespoons of butter
3 slices lean bacon, diced
¼ cup dry white wine or use **chicken bouillon cube** diluted in 1 cup of water
¼ teaspoon sage or two leaves of fresh sage, chopped
salt and pepper to taste

Place bacon in a skillet, and saute until crisp, add butter, livers and mushrooms. Saute until done over medium heat. Just long enough to brown livers, about 2 minutes, season to taste, add sage and wine. Cook for 2 or 3 minutes longer.

Place Polenta ring in platter place mushrooms and livers in center and pour pan juice over Polenta.

Serves 6.

—Mrs. John D. Guigou

INDIA CHICKEN CURRY

½ cup finely chopped onion
½ cup finely chopped celery
¼ cup fat
1/3 cup flour
2 cups chicken stock
1 cup tomato juice
½ cup Worchestershire sauce
salt and pepper
1 teaspoon curry powder
4 cups diced cooked chicken
4 cups hot cooked rice

Lightly brown onion and celery in hot fat. Add flour and blend. Add stock. Cook until thick, stirring constantly. Add tomato juice, Worchestershire sauce, seasonings and chicken. Heat thoroughly. Serve over cooked rice or make ring mold of rice and fill center with curry mixture. Serves 10.

—Mrs. Mary M. Garrou

Dressings and Stuffings

WALDENSIAN SAUSAGE DRESSING FOR TURKEY, OR CHICKEN

½ loaf of day old bread or as much as needed
6 hard boiled eggs
1 pound Waldensian sausage
1 can cream chicken soup
1 big onion
3 medium stalks celery
sage
salt
pepper

Cook giblets, neck and Waldensian sausage until tender. Reserve stock for later use. Remove meat from neck and grind in food chopper with giblets and sausage. Add cream of chicken soup to broth, add eggs, chopped onion, celery, bread, sage and seasoning. Mix well. Yields large portion.

—Mrs. John Stephen Perrou

CHICKEN DRESSING

Soak 3 slices bread in milk
5 sage leaves or ½ teaspoon ground
pinch parsley
1 small onion
1 section garlic

Grind all spices together in meat grinder

2 raw eggs

¼ pound ham ground with cooked chicken livers

Mix all ingredients. Stuff hen and bake.

(Double recipe for turkey)

—Mrs. James Henry Pascal

STUFFING
For Chicken or Turkey

2 pounds finely ground veal
salt and pepper to taste
1 clove garlic, finely chopped
2 tablespoons chopped parsely
2 pounds finely ground fresh pork
1 teaspoon poultry seasoning
1 tablespoon chopped onion
several strips of boiled ham

Have your butcher grind pork and veal together. Mix well with the seasonings and spread half of it on the chicken making sure that all the cavities of fowl are filled where the bones were removed. Lay thin strips of boiled ham on this, and finish by filling the chicken with the rest of the stuffing. Sew the chicken up to original shape. Wrap it up in cheese cloth and tie securely. Follow directions for baking any good sized fowl.

SAUSAGE AND CHESTNUT STUFFING
(Especially good for Turkey)

1 pound chestnuts
3 tablespoons butter
salt and pepper to taste
½ pound sausage meat
2 tablespoons flour
½ cup stock

Fry sausage and peeled cooked chestnuts in sizzling butter 5 minutes. Stir in flour and stock and season with salt and pepper. Cook three minutes longer. When the stuffing is cool, stuff the turkey, sew up the opening, truss and place on a rack in an open pan. Pour 1 cup water mixed with 1 teaspoon salt in the bottom of the pan and baste with this mixture from time to time. Roast in a 350 degree oven allowing 25 minutes per pound of fowl.

CREOLE DRESSING FOR TURKEY

Mix:

3 cups of bread crumbs
1 cup of cold boiled rice
½ cup chopped seeded raisins or prunes
2 tablespoons of finely chopped bacon
1 teaspoon of powdered sage
1 cup chopped celery
grated peel of 1 lemon
1 egg
2 tablespoons butter (melted)
1 heaping tablespoon of chopped nut meats
½ cup of milk
salt and pepper to taste

Put a tablespoon of fat into frying pan and when it is hot turn into it this mixture and fry until cooked through, but do not allow to brown. When cool, stuff the turkey.

This dressing can be browned in the oven and served with the turkey.

Guinea Hen

CASSEROLE OF GUINEA HENS

Clean three guinea hens. Wrap them in paper-thin slices of larding pork and truss in a heavy casserole. Melt four tablespoons of butter and in it brown the guinea hens on all sides, cover the casserole and simmer the birds over low heat for fifteen minutes.

Brown ⅛ pound of lean salt pork, washed in warm water dried and cut into narrow strips, in one tablespoon butter.

Remove the guinea hens from the casserole and stir into the pan juices three tablespoons flour. Stir in gradually ¾ cup of Madiera and 1¼ cups chicken stock and continue to stir until the sauce is thickened. Stir in two teaspoons tomato paste and add the strips of salt pork.

Return the guinea hens to the casserole, cover and continue to cook for 20 minutes longer.

Untruss the guinea hens. Discard the larding pork and serve the birds in the casserole.

Courtesy: Armandos Restaurant
133 East 61 Street
New York 21, N. Y.

Squab

BAKED SQUAB OR QUAIL

Season the inside cavity of fowl with salt and pepper.

Stuff cavity of birds with any favorite dressing. Wrap birds completely with strips of bacon. Secure with toothpick. Bake in 300 degree oven until tender.

—Mrs. Humbert Leger

Fish

OYSTER AND SHRIMP CASSEROLE

1 quart oysters
milk
1 pound shrimp, cleaned and cooked
2 small cans mushroom buttons
1½ cup cracker crumbs
1 stick melted butter
2 teaspoons salt
½ teaspoon pepper

Drain oysters and add to the oyster liquor enough milk to make 1½ cup liquid. Add salt and heat. Do not boil. Mix pepper with melted butter and cracker crumbs. Place in buttered casserole crumb mixture first, then a layer of oysters, shrimp and mushroom. Repeat until all is used, crumbs being on top. Pour liquid over top and bake in hot oven 475 degrees 10 to 12 minutes.

—Margaret Stockton

BOUILLABAISSE

1 pound shrimp
1 pound fillet of haddock or mackerel
1 pound lobster meat
2 cloves garlic
½ pound mushrooms
2 tablespoons butter
1 teaspoon curry powder
pinch of pepper, thyme and savory
3 tablespoons Parmesan cheese, grated
½ cup sherry
1 bay leaf
pinch of saffron
1 pint scallops
2 large onions
1 small can tomatoes
3 whole cloves
1 teaspoon salt

Boil shrimp in 1 quart salted water with the cloves, for 20 minutes. Strain and reserve the liquid. Fry onions and garlic, chopped, in butter until brown. Add peeled and sliced mushrooms, cook 10 minutes and add tomatoes and ¼ cupful of the sherry. Add curry, bay leaf, salt, pepper and Parmesan cheese. Simmer for ½ hour. Peel shrimp and remove intestinal vein from back. Add to the above and cook for 10 minutes longer. While this sauce is cooking, gently heat the haddock, lobster, and scallops in the shrimp water. Add the other ¼ cup of sherry, a few cloves, the thyme and savory and the saffron and cook very slowly untli the fish is done—about 20 minutes. Remove fish to platter. Strain fish broth into cups and serve first. Then pour the sauce over fish on platter, garnish with lemon and serve immediately.

FILETS MIGNONS AUX CHAMPIGNONS

(Filets in Mushroom Sauce)

4 or 6 individual steaks (about inch thick)
2 tablespoons butter
2 tablespoons flour
½ pound mushrooms
1 cup beef stock
salt and pepper

Melt butter in large frying pan and when it is sizzling, put in the pan as many steaks as you intend to serve. Sear the steaks 2 minutes on each side. Remove the steaks. Stir in flour and stock and continue stirring until the sauce is smooth. Season with salt and pepper. Add mushrooms which have been washed thoroughly and sliced, slicing all of the mushrooms—caps and stems. Cook 10 minutes. Place steaks back into the sauce and simmer 5 minutes longer. Do not let the sauce boil. Place steaks in the center of a heated platter. Surround with the mushrooms and garnish with watercress.

TUNA SPECIAL

4 tablespoons olive oil
1 small can peas
1 large can tuna
1 clove garlic
1 No. 2 can whole tomatoes
1 small can ripe olives, sliced

Heat the oil in heavy skillet and cook the slivered garlic until golden brown. Remove the garlic and add the tomatoes to the oil, cooking over low heat for about ½ hour to thicken. Add peas and flaked tuna and slivers of ripe olives and heat thoroughly. Handle carefully in cooking so as not to break up tuna too much. This is delicious served over cooked noodles with a little grated Parmesan cheese.

HADDOCK CHOWDER

1 3½ pound haddock
1/3 salt pork
2 chopped onions
1 can evaporated milk
2 cups pared, diced potatoes
1 quart whole milk

Haddock should be cleaned and cut up to boil. Barely cover with salted water and cook until fish is loosened from bones but not until flesh is too soft and mushy. Set this aside. While the fish is cooling, cut the salt pork into ¼ inch cubes and fry until crisp in a large heavy kettle. Drain the cubes on paper towels and pour off all except 4 tablespoons of the fat. In this fat, cook the chopped onions over low heat until transparent. Add the diced potatoes and enough of the fish liquid to cover them. Simmer until the potatoes are tender. Pick the fish flakes from the bones, adding to the chowder mixture when the potatoes are done. Add quart of milk and evaporated milk and set aside until serving time. Flavor is improved if allowed to stand for a few hours before serving; however, when ready to serve, have this piping hot. Garnish with the salt pork cubes. Serve with pickles and chowder biscuits.

SGOMBRO RIPIENO
Stuffed Mackeral

About 3 pounds mackerel
6 tablespoons olive oil
1 chopped onion
¼ cup grated Romano cheese
1 cup bread crumbs
¼ cup chopped fresh mushrooms
1 tablespoon chopped parsley
1 teaspoon fresh mint, chopped
1 sliced lemon
salt and pepper to taste

Clean fish, slit down center and bone. Sprinkle inside with salt. Suffing: Heat ½ olive oil in saucepan. Saute onion, mushrooms, and parsley about 15 minutes or until mushrooms are tender. Set aside.

Mix in deep bowl the bread crumbs, mint, cheese, salt and pepper to taste. Add the mushroom mixture. Blend well. Stuff fish. Skewer or sew edges together; place stuffed fish with balance of oil in baking pan; bake in hot oven 15 minutes; reduce heat. Baste occasionally with pan oil and cook 15 minutes longer or until fish is tender.

Serve very hot with lemon slices. Serves 4 to 6.

SALTED COD FISH

2 pounds Cod fish (salted)
1 pint whipping cream
1 tablespoon butter
4 large onions
1 cup flour
2 cups Wesson oil

Soak fish in cold water for 24 hours changing water at least twice. Remove fish from water and let drain a few minutes on paper toweling. Roll fish in flour then fry in hot Wesson oil until golden brown. In another pan, fry onion. Add fish cover let simmer for 45 minutes on low. Add cream, let come to a good boil. Serve hot. Serves 4.

—Mrs. Aldo Martinat

FISH IN MILK

Fry fillet of fish until golden brown. Remove from pan. Place in greased baking dish. Over fish pour melted butter and 1½ cups heated milk. Sprinkle with paprika. Bake in over at 325 degrees for 15 minutes.

—Madeleine Grill

FRENCH BARBECUED FISH

Use 1 to 2 pounds fish, (preferably fresh freshwater fish). Two hours prior to barbecuing marinate fish in sauce below until time for cooking. Place on grill over low charcoal fire and cook slowly for an hour to hour and a half. Turn sparingly and baste each time you turn with the same sauce used for marinating. (Care must be taken when turning or you will lose the skin of the fish.) Salt to taste.

Marinade Sauce for fish. This makes enough sauce to marinate and baste 12 fish.

Combine the following ingredients:

1 cup olive oil

2/3 cup (or 5 large lemons) lemon juice

1/3 cup cooking sherry

9 dashes of Tobasco Sauce

1/3 to ½ cup apple cider vinegar

2 large pinches of Oregano

2 teaspoons salt

2 teaspoon black pepper

2 teaspoons garlic powder

7 dashes soy sauce

—Edward Garrou

GRENOUILLES AU VIN
(Frog Legs with Wine)

12 pairs frog legs

2 tablespoons butter

black pepper

2 tablespoons chopped onion

1 egg yolk

salt

2 tablespoons chopped parsley

½ cup dry white wine

Wash frog legs and soak in cold water 3 hours. Drain and wipe dry. Melt butter in heavy saucepan. Fry legs two minutes on each side. Sprinkle with flour and stir carefully so that the flour and butter are blended. Add wine, parsley, onion, and season with the salt and pepper. Cook 15 minutes over moderate flame. Put the legs on a heated platter. Thicken sauce with the egg yolk (1 pint of white sauce with egg yolk used to thicken) and pour over the legs. Serve immediately. This will serve 4.

CUISSES DE GRENOUILLES FRITES
(Fried Frog Legs)

12 pairs frog legs

¼ cup wine vinegar

freshly ground black pepper

2 tablespoons chopped parsley

1 onion, chopped fine

4 tablespoons butter

1 bay leaf, broken into pieces

flour

Wash and dry frog legs and marinate in vinegar, bay leaf, parsley, onion, salt and pepper for 1 hour. Baste the liquid over the legs several times. Drain, wipe dry, roll in flour and fry in butter until brown on both sides. Season with salt and serve piping hot.

SOUPS
SALADS
OMELETS
VEGETABLES

Soups

LENTIL SOUP

½ pound lentils
1 clove garlic
1 onion
2 stalks celery
4 tablespoons olive oil
1 teaspoon chopped parsley
½ cup tomatoes (stewed or canned)
Salt and pepper to taste

Wash, prepare and soak lentils in 2 quarts of cold water over night. In the morning, boil the lentils in the same water in which they were soaked for one hour. Chop onion, garlic, and celery, brown in oil until slightly browned, adding parsley. Add tomatoes and cook for 10 minutes longer. Pour this mixture into lentils, cover and let simmer for 15 minutes or until lentils are soft.

Serve in deep soup bowls and sprinkle with grated Romano cheese if desired. Serves four.

POTATO SOUP

4 leeks, sliced, use tops as well as white parts
1 Bermuda onion, sliced
5 large potatoes, peeled and sliced
2 tablespoons butter
1 cup light cream and 1 cup milk
4 cups water—5 bouillon cubes or home made chicken broth

Fry leeks and onions in 1 tablespoon butter until golden brown. Simmer water to which bouillon cubes have been added until cubes are dissolved. Add potatoes, leeks, onion and salt. Let cook covered 35 to 40 minutes or until potatoes are well done. Rub mixture through a fine sieve or use a standard blender. Stir in milk and return to pot. Add cream, stir until boiling point is reached. Remove from fire, add remaining butter.

The trick: Constant stirring while adding milk and cream.

Hint: If you prefer, onions may be substituted for the leeks; add a clove of crushed garlic.

—Celestine Allio Dalmas

POT - ON - THE - FIRE

Savory in fragrance and rich in flavor, this bouillon is a French favorite. It is served piping hot, usually as a separate course. Strained and cooled, it may be stored to use as Brown Stock in soups or sauces. Hence, this Pot-on-the-Fire is often called the Stock Pot.

Put into a large kettle

1 soup bone, cracked
2 pounds lean beef (chuck or plate), cut in 1-in. pieces.

Add

3 quarts cold water
1½ tablespoons salt

Cover and bring slowly to boiling. Skim, cover and simmer about four hours. Skim as necessary.

Add

5 carrots, cut in large pieces
2 turnips, cut in large pieces
1 large onion, sliced
4 leeks (white part only), sliced
3 or 4 sprigs of parsley
1 sprig thyme
½ bay leaf
2 whole cloves
1 meduim-size onion

Add onion to kettle. Cover and bring to boil. Simmer about 1½ hours longer. Allow to stand until cold and fat hardens on surface. Remove fat. Cover bouillon and store in refrigerator for future use. Or reheat and serve with crisp slices of toast.

—Miss Isabel Dalams

ONION SOUP

6 onions, thinly sliced
2 tablespoons bacon fat, butter, margarine, or olive oil
½ teapsoon Worchestershire sauce
dash Tobasco sauce
½ teaspoon kitchen bouquet
3 tablespoons Parmesan cheese
Fresh bread, toasted
7 cups water
10 beef bouillon cubes or 7 cups homemade beef stock
salt and pepper

Fry onions in fat until golden brown. Add onions and sauces to bouillon or meat stock. Simmer in covered pan for one hour. Season with salt and pepper. To serve: Toast slices of French Bread, top each slice with Parmesan cheese and slip under the broiler. Top each bowl of soup with a piece of toast, add more cheese, if desired.

The trick: Use plenty of onions.

—Mrs. Celestine Allio Dalmas

MINESTRONE

Heat to boiling in large saucepan 12 cups of water. Wash thoroughly and discard imperfect beans from 1 pound navy beans. Gradually add beans to water so boiling will not stop. Simmer 4 minutes. Remove from heat. Set aside to soak 1 hour. Add to beans ½ pound salt pork, cut in small pieces. Return to heat and simmer 1 hour, stirring once or twice. In another skillet heat 6 tablespoons olive oil, add 2 small onions, chopped and 2 cloves garlic, chopped. Cook until lightly brown. Set aside. Wash and cut into thin slices 4 stalks celery, 4 small carrots and 2 medium sized potatoes. Set aside.

Wash in cold water and remove outer leaves from ½ head cabbage, shred finally. Add all vegetables and onion-garlic mixture to beans with 2 tablespoons chopped parsley, 1 teaspoon salt, ½ teaspoon pepper. Pour in slowly, 2 quarts hot water. Simmer 1 hour or until beans are tender.

Meanwhile cook ½ cup rice, about 10 minutes before beans are done, add the cooked rice and 1 cup frozen peas. When peas are tender, stir in 1 cup tomato paste. Simmer about 5 minutes. Served sprinkled with Parmesan cheese, grated.

—Nelle Garrou Hern

ROMAN EGG SOUP
(Stracciatella)

1½ quart chicken broth
6 eggs
2 tablespoons flour
2 tablespoons grated Parmesian cheese
¼ teaspoon salt
⅛ teaspoon pepper
chopped parsley

Bring chicken broth to boiling. Beat eggs until thick, mix together other ingredients. Add to eggs and beat until thoroughly combined. Slowly pour egg mixture into boiling broth, stirring constantly. Continue stirring and simmer eight minutes. Serve in bouillon cup and top with parsley.

—Mrs. Nelle Garrou Hern

I'ITALIENNE
(Cabbage Soup)

1 cup rice
1 small cabbage
2 tablespoons butter (or seasoned chicken fat)
¼ cup grated Parmesan cheese
6 cups water
1 chopped onion
salt and pepper
6 cups stock

Bring water to a boil. Add rice and small cabbage, salt and cook 45 minutes. Drain. Melt fat, add onion, cabbage, rice pepper, salt and stock. Simmer 30 minutes, stirring occasionally. Before serving, sprinkle with grated cheese.

VICHYSSOISE
(Potato Onion Soup)

2 medium onions (large for extra flavor)
3 tablespoons butter
4 medium sized potatoes
1 pint top milk, or light cream
chives or parsley
3 stalks celery (with some of the tender leafy tops)
4 cups chicken stock
salt and pepper

Slice onions and celery fine cooking in covered pan in the butter until onions are transparent and celery tender. Pare and dice the potatoes and with the broth add to the onions and celery and cook until the potatoes are tender. Run all this through a food blender and before serving, add cream and serve very hot using chopped parsley or chives for garnish.

KIDNEY BEAN SOUP

½ pound kidney beans
6 peppercorns
6 cloves
1 tablespoon vinegar
smoked ham shank
2 quarts water
½ cup sugar

Soak the beans overnight, then drain. Place in a large soup kettle and add the water, ham shank, onion and spices. Let simmer about three hours. Remove the bone and meat and run the soup through a strainer. Add the sugar and vinegar—to taste—and serve very hot with toasted bread cubes that have been toasted in skillet in 2 tablespoons butter and 1 tablespoon of sugar.

Salads

WINTER SALAD

Especially good!

2 onions
4 dill pickles
6 cups eating apples

Cut apples in bite-sized pieces and toss with mayonnaise thinned with a little cream, add the onions which have been sliced and chipped pickles. Season to taste and top servings with sprinkling of paprika. Yields six servings.

—Isabel Dalmas

ASPARAGUS SALAD

4 cups asparagus puree (use canned asparagus and pick out the green tips. Mash the stem parts and save the juice.)
1 teaspoon salt
4 teaspoons Worchestershire sauce
a dash of vinegar and lemon juice
1 teaspoon grated onion
3 tablespoons plain gelatin (three envelopes)

Soak gelatin in 1 cup water, then dissolve in two cups of the hot asparagus stems and tips. Tint to a soft green color with food coloring.

—Catherine Rivoire

WALDENSIAN SALAD

1 head lettuce good sized
3 stalks celery
1 green pepper
1 green cucumber
2 tomatoes
1 medium onion
½ cup French dressing

Cut or tear in bite size pieces the head of lettuce making sure this is drained

dry after washing and crisp. Put into a wooden salad bowl, then dice the celery, green pepper and thinly sliced onion. Into this mixture, place a crouton of bread on which has been rubbed a piece of garlic. Cut tomatoes in bite-size pieces also and prior to serving add to mixture in bowl with the ½ cup French dressing. Toss lightly and let marinate a few minutes before serving. Serves four.

—Catherine Dalmas

STRING BEAN SALAD

2 pounds fresh string beans, cut into 2-inch lengths
½ cup olive oil
1 tablespoon wine vinegar
1 large clove of garlic
salt and pepper
dash of crushed red pepper

Cook string beans in slightly salted water until tender but still firm about 30 minutes. Drain. While beans are cooling, rub salad bowl with garlic. Place garlic in bowl with oil, vinegar, red pepper, salt and pepper, and let stand till beans have reached room temperature. Add beans to ingredients in bowl and mix well. Refrigerate for 1½ hour. Remove garlic before serving. Serves six.

—Mrs. Leroy Bronson

INSALATA DI CICORIA FINA

Dandelion Salad

1 pound dandelion
4 tablespoons olive oil
1 clove garlic
12 ripe olives
2 tablespoons wine vinger
salt and pepper to taste

Remove undesirable leaves. Cut dandelion into 2-inch pieces; wash thoroughly in cold water. Drain. Dry with absorbent paper. Chill in refrigerator about 10 minutes.

Rub wooden salad bowl with garlic. Place dandelion in bowl. Pour olive oil and vinegar over leaves. Add salt and pepper to taste; add olives. Mix and toss thoroughly.

Serve immediately. Serves four to six.

INSALATA D'ESCAROIA

Escarole Salad

1 medium head escarole
2 tablespoons wine vinegar
4 leaves fresh sweet basil, chopped
6 tablespoons olive oil
salt and pepper to taste

Remove outside leaves. Wash thoroughly. Crisp in cold water for 15 minutes. Cut into 1-inch pieces. Drain.

Place escarole in salad bowl. Mix oil, vinegar, basil salt and pepper. Pour over salad. Toss and mix well.

Serves four to six.

COTTAGE CHEESE SALAD

1 carton (12 oz.) cottage cheese
½ sweet pepper, diced real fine
½ cucumber, diced
3 tablespoons mayonnaise
1 small onion, diced
2 cloves garlic, diced
salt and pepper to taste

Combine the ingredients. Serve on lettuce or use for stuffing tomatoes. Garnish with a wedge of cucumber and dash of paprika.

—Myrtle Carpenter

FRUIT SALAD

24 marshmallows
1 can sliced pineapple
2 large apples
4 oranges

Dice fruit and marshmallows and chill. Serve with pimento cream dressing. Arrange on crisp lettuce or within a gelatin mold.

PIMENTO CREAM DRESSING

1 cup mayonnaise
2 tablespoons pimento
1 cup double cream
puree
dash of paprika

One cup of mayonnaise prepared as usual. Whip cream, fold in the cup of mayonnaise, add pimento puree. This is for your prettiest salads. Force pimento through sieve to obtain pimento puree. Add paprika to dressing.

—Mrs. Mary M. Garrou

TOPPER CHICKEN SALAD

(Fruit and almonds make this salad extra special)

3 cups diced cooked chicken
1 cup diced celery
1 cup orange sections
1 9-ounce can pineapple tidbits (1 cup drained)
½ cup chopped toasted almonds
2 tablespoons salad oil
2 tablespoons orange juice
2 tablespoons vinegar
½ teaspoon salt
dash marjoram
½ cup mayonnaise or salad dressing

Combine chicken, celery, fruit, and nuts. Blend oil, orange juice, vinegar and seasonings. Add to chicken mixture, let stand one hour. Drain. Add mayonnaise and toss lightly. Serve in cream puffs. Serves eight to ten.

—Mrs. A. W. Baker

FROZEN CHEESE AND DATE SALAD

Cream until very soft two 3-oz packages cream cheese. Add ¼ cup maple syrup, fold in 1 cup cream whipped, ½ cup chopped dates, 1½ cups diced bananas or pineapple, ½ cup nutmeats.

Place in refrigerator for several hours to freeze. Serve on lettuce leaves as a salad.

—Mrs. Leon Butler

PERFECTION CREAM SALAD

1 package lemon gelatin dessert
2/3 cup boiling water
¼ teaspoon dry mustard
¼ teaspoon salt
1/3 cup vinegar
1 cup cold evaporated milk
½ cup celery, cut in small pieces
½ cup grated carrots
2 tablespoons chopped green pepper
½ teaspoon grated onion

Dissolve gelatin in boiling water. Add salt and dry mustard to vinegar, mix well and add to gelatin. Chill gelatin mixture until it is of the consistency of unbeaten egg white. Gradually add milk and mix well. Fold in vegetables and chill about two or three hours.

—Mrs. Mary M. Garrou

FROSTY HALF 'N' HALF SALAD
(fruit duet)

2 3-ounce packages of soft cream cheese
2 tablespoons cream
¼ teaspoon paprika
dash salt
½ cup chopped pecans
1 drained No. 2½ can peach halves
1 drained No 2½ can pear halves

Turn refrigerator to coldest setting. Combine cheese and next 4 ingredients; use to fill centers of peach halves. Top each peach half with pear half; press together. Wrap separately in waxed paper; place in ice-cube trays. Freeze just until firm. To serve, unwrap, arrange on crisp greens. Top with mayonnaise.

Makes eight servings.

—Mrs. Gary Hammond

CRANBERRY SALAD

1 package cherry jello
1 cup hot water
1 cup sugar
1 tablespoon lemon juice
½ cup pineapple syrup or juice
1 or 2 cups ground raw cranberries
1 orange, ground
1 cup crushed pineapple
1 cup celery
½ cup chopped nuts

Dissolve gelatin in hot water, add sugar, lemon juice and pineapple syrup. Stir to dissolve. Chill until partially set, add remaining ingredients. Chill in oiled pan.

Makes eight large servings. Real tasty and good.

—Mrs Carl Long

CRANBERRY SALAD

1 pound cranberries
2 oranges, juice and rind
juice of 1 lemon
nuts
2 packages lemon jello

Wash and pick over berries. Use half of jello water and heat the berries until they pop. Strain if desired. Make jello, ,add orange and lemon juice and grated orange rind. Mix with all other ingredients, congeal.

—Mrs. L. R. Burris, Sr.

CLUB FRUIT SALAD

Drain 1 No .2 can (2½ cups) pineapple tidbits or crushed.

Drain 1 pound can (2 cups) pitted Royal Ann cherries reserving ½ cup syrup from each:

Combine:

½ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt

Add syrup from above and ½ cup orange juice. Cook over low heat, stirring constantly till thick. Stir small amount into 1 slightly beaten egg; return to heat and cook one minute stirring constantly.

Soften 1 envelope (1 tablespoon) unflavored gelatin in ¼ cup lemon juice; add to hot mixture, stir to dissolve. Chill until partially set. Add pineapple, cherries, 1 pared orange diced, ¼ pound marshmallows cut in sixth, ½ cup broken pecans. Fold in 1 cup heavy cream whipped. Chill till set. Makes 10 servings.

—Mrs. John Bleynot

ORANGE - GINGER ALE RING
(Marvelous Main Dish)

2 envelopes unflavored gelatine
½ cup fresh, frozen or canned lemon juice
½ cup granulated sugar
½ teaspoon salt
1¼ cups orange juice
2 cups orange sections
2 cups ginger ale
2/3 cup chopped pecans
cottage cheese

Soften gelatine in lemon juice in glass measuring cup; set cup in pan of boiling water, stirring occasionally, till gelatine dissolves. Combine with sugar, salt, orange juice and ginger ale, stirring well. Chill, stirring often, till consistency of unbeaten egg white. Fold in orange sections and nuts. Pour into 1¼ quart ring mold. Chill till firm. Unmold; fill center with cottage cheese, garnish with orange slices and crisp greens.

Makes 6 to 8 servings.

—Mrs. Gary Hammond

COCO-COLA SALAD

1 package lemon jello
1 small bottle cherries
1 bottle coca-cola
1 cup boiling water
1 cup nut meats

Add hot water to jello. Add coca-cola, cut up cherries and nuts. Put in molds. To serve, unmold; garnish with crisp greens.

Makes four to six servings.

—Mrs. Gary Hammond

24 HOUR SALAD

¼ cup sugar
2 egg yolks
1 teaspoon salt
2 tablespoons flour
1/3 cup lemon juice
½ cup whipped cream
1 cupful pineapple (crushed or diced)
1 cup seeded grapes
1 cup seeded white raisins
1 cup diced marshmallows
¼ cup blanched and diced almonds (pecans may be substituted)

Blend the sugar, flour and salt in upper part of double boiler. Add egg yolks and beat well. Add the lemon juice, put over hot water and cook until very thick and smooth, stirring constantly. Cool and add whipped cream. Drain the pineapple of juice and combine with marshmallow and nut meats. Combine fruit, marshmallow and nuts to dressing, and store in refrigerator for 24 hours. At serving time stir with silver fork, separating the nuts and fruits.

—Mrs. L. C. Johnston

GOLD & BLACK SALAD

2 cups diced apples
2 cups raisins
2 cups shredded carrots
mayonnaise dressing

If desired, cabbage or celery may be added to give variety in flavor. Dates may be substituted for raisins. Toss together and serve on lettuce leaves or plain with slice cucumber pickle.

FROSTED LIME SALAD

1 package lime jello
1 cup boiling water
1 No. 2 can crushed pineapple
1 cup cottage cheese
½ cup chopped celery
1 tablespoon cherries or pimento
½ cup chopped nuts

Dissolve jello in hot water, stir in ingredients and mold.

Topping:

1 large package (3 oz.) cream cheese
1 tablespoon mayonnaise
1 teaspoon lemon juice

Mix and spread on top of congealed salad. Serve on lettuce with crackers.

—Mrs. Loy I. Williams

FROZEN PINEAPPLE SALAD

3 egg yolks
2 tablespoons sugar
2 tablespoons lemon juice
1 cup whipping cream
16 marshmallows
7 maraschino cherries
½ cup blanched chopped almonds (other nut meats may be used if preferred)
1 small can crushed pineapple

Combine beaten egg yolks, sugar and lemon juice and cook slowly until thick, cool, then add chopped marshmallows, pineapple, nuts and cherries. Fold in whipped cream. Pour into freezer tray and freeze.

Serves six or eight.

—Mrs. Loy Williams

Omelets

ONION OMELETS

4 eggs
6 tablepsoons olive oil or butter
1 large sweet onion
salt and pepper to taste

Break eggs into deep bowl; add salt and pepper to taste; beat lightly. Slice onion wafer-thin. Heat half oil or butter in skillet. Brown onion slightly for about five minutes. Remove. Place in bowl. Add eggs and beat well. Heat balance of oil in skillet; cook eggs over low heat three to five minutes or until omelet is light and fluffy and browned on under side. Turn over carefully, using spatula. Brown lightly.

Serve immediately. Serves four.

OMELETTE AU NATURAL (Plain Omelet)

6 eggs
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon water
1 tablespoon butter

Beat the eggs thoroughly. Add salt, pepper, and water. Melt butter in a light frying pan. When butter is sizzling hot, but not brown, pour in the eggs. As egg mixture begins to set on the bottom, prick with fork and raise a little so uncooked eggs can seep through. Continue cooking until all liquid has disappeared. Remove from the fire, loosen the edge of half the omelet from pan with spatula and fold one half over the other. Turn upside down on a heated platter. Omelet should never be overcooked and the center a little runny. Omelets may be made in any number of eggs depending upon number to be served allowing approxmiately one egg per person.

OMELETTE AU FROMAGE (Cheese Omelet)

Add ¼ cup grated Swiss or Parmesan cheese to number of eggs used in making up plain omelet and follow directions for plain omelet.

OMELETTE AU TOMATES (Tomato Omelet)

4 tomatoes
2 tablespoons olive oil (or salad oil)
6 eggs
salt and pepper

Peel tomatoes and remove seeds. Cut tomatoes into eighths and fry in oil for five minutes. Cool. Mix with eggs that are well beaten and follow directions as in plain omelet.

EGGS WITH OLIVES AND CHEESE

4 eggs
3 tablespoons olive oil
2 ounces Provolone cheese
salt and pepper to taste
12 large ripe Italian olives

Pit olives and cut in half. Beat eggs thoroughly. Cut cheese into ½ inch pieces. Heat oil in frying pan or skillet. Add olives; saute for two minutes. Add cheese; stir constantly for one minute over medium heat. Fold in beaten eggs, pinch of pepper. Stir until eggs are as firm as desired.

Serve very hot. Serves two.

Vegetables

POMMES DE TERRE AU FROMAGE (Cheese and Potatoes)

6 potatoes
butter
salt and pepper
1 cup grated Swiss cheese

Wash, peel and boil potatoes. Mash them thoroughly. Butter a casserole and place a layer of potatoes on the bottom. Cover with a layer of cheese. Sprinkle with a very little salt and a generous dash of freshly ground black pepper. Dot with butter and cover with another layer of potatoes. Continue this until the cheese and potatoes are used and finish with a layer of cheese and pour a little melted butter on the top. Place in 400 degree oven and bake until the top is golden brown.

FRENCH POTATO SALAD

6 cooked potatoes, sliced, cold
¼ cup salad oil
1 head lettuce
½ teaspoon mustard
2 tablespoons vinegar
¼ cup cream
2 medium cooked beets cut in strips
2 egg yolks
salt and pepper
1 teaspoon sugar

Potatoes should be cut into thin slices and beets into strips. Have lettuce washed and patted dry, then cut into long thin strips also. Mix all of these vegetables lightly in the salad bowl. Make dressing by adding salt, mustard and sugar to the egg yolks. While beating, add slowly the oil, vinegar and cream. Pour the dressing over the salad and toss lightly before serving.

BOSTON BAKED BEANS

3 cups beans—pea beans
½ cup light molasses
½ pound salt pork
2 teaspoons salt
2 teaspoons dry mustard

Wash and soak the beans overnight in plenty of water to allow for swelling. Parboil after soaking until the skins wrinkle slightly. Drain the beans and place in bean pot. Cut the pork in half and slash each piece several times almost through. Place the pork in the beans. Mix salt, molasses and mustard with enough boiling water to cover the beans slightly. Bake covered in 300 degree oven six to eight hours, adding more water as needed. Serve with brownbread and pickles.

FRENCH STYLE PEAS

2 pounds shelled peas
6 small onions
pinch of thyme
salt and pepper to taste
6 leaves of lettuce
1 teaspoon sugar
¼ cup water

Place the peas on the lettuce leaves and add the remaining ingredients. Cover tightly and cook over slow flame until the peas are done. Add generous tablespoon of butter and serve.

NEW POTATOES - SAUTEED

2 pounds small new potatoes
salt and pepper to taste
3 tablespoons butter or bacon fat

Pare the potatoes and dry them well with a towel. Heat 3 tablespoons butter in heavy skillet and drop in potatoes cooking over moderate heat until they are golden brown outside and mealy

inside. During cooking, shake the potatoes about so that they can get richly browned on all sides. Pour off fat, season with salt and pepper and serve very hot. Optional: Sprinkle with finely chopped parsley.

GNOCCHI
(Potato Dumplings)

Boil six medium-sized potaotes in their skins, peel them, and mash them while hot. Add a little salt and about a cup of flour, and while the mixture is hot, knead it into a dough with your hands. Roll the dough into a sausage about three fingers thick and cut across into pieces that are about an inch long. Pinch each piece with your fingers at either end so that it will form a little cup. Sprinkle the gnocchi with a little flour and boil in plenty of salted water about 10 or 15 minutes. (It is well to put in a few at a time.) Drain well and serve with any standard tomato or meat sauce and Parmesan cheese.

—Mrs. Ben Pons

POTATOES, TOMATOES AND ONIONS

½ cup bread crumbs
6 Irish potatoes
6 tomatoes
6 onions
½ cup Wesson oil
salt and pepper

Peel potatoes. Slice very thin. Wash tomatoes and slice. Wash, peel and slice onions. In a deep greased baking dish put a layer of potatoes, tomatoes and onions. Sprinkle a little salt and tablespoon Wesson oil. Be sure last layer is tomatoes. Sprinkle with salt, remaining Wesson oil and bread crumbs. Bake in oven at 350 degrees until potatoes are well done and top is golden brown. Serves six.

—Mrs. Aldo Martinat

ASPARAGUS CASSEROLE

Cheese Sauce:

4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
2 cups milk
½ teaspoon Worchestershire sauce
2 cups, grated cheese

Melt butter over low heat; add flour, salt and pepper; stir until well blended. Remove from heat.

Gradually stir in milk and return to heat. Cook, stirring constantly, until cheese is melted. Makes 2 cups.

2-3 cups cooked asparagus or a No. 2 can all green asparagus
1½-2 cups cheese sauce
½ cup buttered crumbs
4 sliced, hard cooked eggs
2 tablespoons, chopped pimiento

In a greased casserole arrange the asparagus, white sauce, eggs and pimiento in layers. Top with buttered crumbs.

Bake in moderate over 375 degrees about 25 minutes or until browned.

Makes six servings.

—Mrs. Wayburn Jones

BAKED ASPARAGUS WITH TOASTED ALMONDS

1 bunch (2 pounds fresh asparagus
4 hard cooked eggs
2 tablespoons butter
2 tablespoons flour
2 cups milk
1 cup soft bread crumbs
salt and pepper to taste
½ cup dried buttered bread crumbs
½ cup silvered toasted almonds
½ cup or more grated sharp American cheese

Cut asparagus. Cook until tender. Make cream sauce of butter, flour, milk, add soft bread crumbs and seasoning. Cover bottom of buttered casserole with thin layer of cream sauce, layer of drained asparagus, sliced hard cooked eggs then almonds, repeat until dish is filled. Sprinkle top with dried bread crumbs and cheese. Bake at 375 degrees for 30 minutes. Uncover last ten minutes to brown.

—Miss Margaret Stockton

BAKED POTATO

6 tablespoons butter
1 teaspoon salt
6 teaspoons powdered basil, or fresh chopped leaves
3 large or 6 small baked potatoes

Cook butter, salt and basil gently over low flame for five minutes. Just before serving, split freshly baked potatoes in half lengthwise, scoop a tiny bit of potato out of middle and criss-cross the length and breadth 2 or 3 times with knife spreading cuts. Carefully pour over herb butter mixture letting it soak down through the cuts. Serve immediately.

—Catherine Dalmas

POTATO PANCAKES

2 eggs
½ teaspoon flour
½ teaspoon baking powder
1 teaspoon salt
2 cups grated raw potatoes
1 tablespoon grated onion
1 teaspoon chopped parsley
2 tablespoons butter or margerine

Break eggs into a bowl, add flour, baking powder and salt; beat well. Stir in grated raw potatoes, onion and parsley. Melt butter or margerine in heavy skillet—drop the potato mixture by large tablespoonsful into the hot fat. Fry until the pancakes are golden brown, turning once.

—Madeleine Grill

RICE WITH EGGS

2 cups rice
4 egg yolks
3 ounces grated Parmesan cheese
1 tablespoon salt
¼ pound butter

Wash rice and cook until done but not soft.

While rice is cooking, put egg yolks in mixing bowl. Add cheese and butter and mix well.

When rice is cooked, drain and add one spoonful at a time until all the rice is used, mixing well each time rice is added. Serve at once.

—Mrs. Aldo Martinat

RICE CASSEROLE

1 cup uncooked rice
No. 2 can tomato juice
1 tablespoon butter
salt to taste
1 cup grated cheese
1 cup milk
1 minced onion

Place all ingredients in casserole. Bake one hour in oven over 200 degrees.

—Isabel Dalmas

AUBERGINES FARCIES (Stuffed Eggplant)

2 small eggplants
2 tablespoons oil
1 tablespoon chopped parsley
2 scallions, chopped fine
fine bread crumbs
1 clove garlic, chopped
salt and pepper
¼ pound mushrooms, chopped

Wash eggplants and split. Remove the centers and chop rather coarsely. Heat one tablespoon oil in small pan. Add parsley, scallion, garlic, mushrooms and chopped center and heat thoroughly. Fill the eggplants with this mixture and place in a flat oven-proof dish. Sprinkle with bread crumbs and moisten with the rest of the oil. Bake 30 minutes in 375 degree oven.

POTATOES IN WINE AND HERBS

8 medium-sized potatoes
1 cup hot water
2 tablespoons flour
2 tablespoons butter
1 cup red wine
8 small onions
herb bouquet
salt and pepper

Wash, peel and quarter potatoes. Melt butter in a heavy saucepan. Stir in flour and when it is lightly browned add water, wine, salt, pepper and herb bouquet (this is made up of 4 sprigs parsley, sprig of thyme and 1 bay leaf and tied together so that herbs will not loosen and float in sauce). Stir sauce until it is smooth. Add the onions and potatoes. Cover and simmer one hour. (Try it, it is different!)

BAKED PEPPER RELISH

6 large bell peppers, (2 red, 2 green and 2 yellow)
1 clove of garlic
¼ cup salad oil (olive oil preferred)
juice of 2 lemons
salt and pepper to taste

Bake peppers until the skins slip off easily. After cooling, slip off skins and remove all seeds. Cut in strips about ¼ inch wide. Prepare a dressing of oil, garlic and lemon juice seasoned with salt and pepper to taste. Pour over pepper strips. Toss until all is well mixed Remove garlic before serving. This is a very pretty as well as very tasty dish served with cold meats.

—Mrs. John D. Guigou

BROCCOLI PARMESAN

1 large bunch of broccoli
salt and pepper to taste
¼ cup melted butter
¼ cup grated Parmesan cheese

Put broccoli in small amount of water, season with salt and pepper, add butter, and cover tightly. Steam until tender, and drain. Put in a hot serving dish, pour pan juices over broccoli and sprinkle with grated Parmesan cheese. Serve immediately. Serves four to six.

—Mrs. E. Squillario

ONIONS BAKED IN CREAM

2 cans small onions
1 cup cream
1 cup milk (all cream or all milk may be used if desired)
2 tablespoons flour
bread crumbs
salt and pepper
1 stick butter

Drain onions and put in buttered baking dish. Dot with butter, add salt and pepper. Sprinkle with dry bread crumbs. Add flour to milk, mix well and pour over onions. Bake at 350 degrees until crumbs are light brown. Serve hot.

—Mrs. Nelle Garrou Hern

EASY CORN FRITTERS

1 large egg
¾ cup prepared pancake flour
1 8-ounce can of yellow cream style corn

Beat egg yolk thoroughly in mixing bowl. Stir in corn. Add pancake flour. fold in stiffly beaten egg white. Drop large tablespoon into hot shortening,

or oil. Fry just like you would pancakes. Will be soft and fluffy. Can be served with syrup, or with sliced tomatoes, eggs and bacon or sausage for lunch.

Will make about 10 fritters.

—Mrs. Henry Bouchard

STUFFED ZUCCHINI
(Squash)

6 medium-sized Zucchini squash
6 slices day-old bread
½ cup grated Pramesan cheese
2 eggs
salt and pepper to taste
1 onion chopped fine

Wash the Zucchini well. Remove the stem and blossom ends and parboil for about seven minutes in salted water. Split lengthwise and scoop out the pulp. Pour cold water over the broken-up bread slices and squeeze dry. Chop the pulp of the squash and mix with the bread and all of the remaining ingredients. Sprinkle olive oil, salad oil or butter over the top and sprinkle with grated cheese.

STUFFED CABBAGE

1 head cabbage about 2½ pounds
2½ pounds ground beef
1 chopped onion
No. 2 can whole tomatoes
4 slices day-old bread
salt and pepper
1 egg

Pour cold water over the bread which has been broken up. Squeeze bread dry and place in a mixing bowl with meat, chopped onion, salt, pepper and drop in the egg, mix thoroughly. Parboil cabbage five to seven minutes. Run cold water over it to separate the leaves slicing off thicker veins on larger leaves. With the hands, form the meat mixture into little logs about 1½ inches around and 3 inches long. Roll the meat in the cabbage leaves and hold together with a toothpick. Place 6 potatoes and one bunch of carrots pared and cut in half on the botom of large kettle. Salt the vegetables. Lay the stuffed cabbage on top and add ¾ cup water. Cover tightly and simmer for 45 minutes over low heat. Whip the tomatoes and pour over the mixture and continue to cook for 15 minutes.

SQUASH CASSEROLE

2 cups cooked squash
2 eggs
1 medium onion, chopped
1 cup bread crumbs
2 tablespoons butter
salt and pepper to taste
¾ cup milk

Cook squash until tender and drain. While still hot, add butter, chopped up onion and egg. Add bread crumbs and milk. Stir.

Cook in moderate oven 350 degrees for ¾ of hour.

—Violet Burrus

STUFFED SQUASH

8 squash
1 pound ground beef
½ chopped onion
1/3 cup raw rice
1 can No. 2 tomatoes
salt and pepper
cinnamon

Select large tender yellow squash. Slice off neck (reserve for sauce). Scoop out insides.

Mix ground beef, onion, salt, pepper and rice together. Fill squash cavity with mxiture. Any remaining stuffing reserve for sauce.

Place stuffed squash into large vessel. Combine squash necks and any remaining stuffing with tomatoes, season with salt and pepper. Pour this sauce over stuffed squash, adding enough water to cover squash. Simmer

1½ to 2 hours or until tender. A dash of cinnamon may be added just before serving.

Serves six.

—Mrs. Elmo Pascal

STRING BEANS WITH TOMATO SAUCE

2 pounds fresh string beans, cut in 2-inch pieces

½ cup olive oil

1 clove garlic

2 tablespoons tomato paste diluted in ½ cup lukewarm water

1 pound ripe tomatoes, peeled and diced or one pound canned peeled tomatoes, diced.

Saute garlic in oil until golden. Discard garlic. Add beans, salt and pepper and cook over low flame for about five minutes, stirring occasionally. Add tomatoes, paste and water. Cover and continue to simmer until beans are tender, about 30 to 40 minutes. If mixture becomes dry during cooking, add water. Serves six to eight.

—Mrs. Frederic Pons

SCALLOPED STRING BEANS

4 tablepsoons butter

2 tablespoons flour

1 cup milk

½ teaspoon salt

1 tablespoon herb mixture (summer savory, sweet marjoram, chervil, basil)

4 cups cooked string beans

2 tablespoons bread crumbs

2 tablespoons grated cheese

Melt 2 tablespoons butter in a saucepan, stir in flour, add milk gradually stirring to a smooth paste and cook until it is a medium thick sauce. Add salt, herbs and string beans and heat thoroughly. Pour into a buttered baking dish, sprinkle with bread crumbs, then grated chese, dot generously with butter. Bake in a moderate oven 350 degrees 25 minutes.

BROILED TOMATOES

Cut tomatoes in half. Dip in grated cheese, add salt, pepper, sugar and a little onion juice.

Dip tomatoes in bread crumbs. Melt butter and put over tomatoes.

Broil until brown. Then bake for 20 minutes at 350 degrees until done. Use ingredients according to tomatoes used.

—Madeleine Grill

BROILED TOMATOES

3 tomatoes

5 tablespoons bread crumbs

½ teaspoon salt

butter

1 tablespoon herb mixture (savory, basil, marjoram, thyme, parsley, celery leaves)

½ teaspoon grated cheese

Cut large, firm tomatoes into thick slices. Mix bread crumbs, salt and herbs. Cover each slice with a heaping teaspoon of mixture, sprinkle with grated cheese and dot liberally with butter. Arrange slices on a hallow pan or cookie sheet, set under broiler at medium heat, watching carefully until done, about 10 minutes.

HARVARD BEETS

6 medium sized beets

½ cup sugar

1 tablespoon cornstarch

½ teaspoon salt

½ cup vinegar

2 tablespoons butter

Cut the cooked beets in slices. Mix sugar, etc. and cook five minutes. Add butter. Pour over beets and let stand about 10 minutes.

—Mrs. J. B. Weaver

PEPERONI IMBOTTITI
(Stuffed Peppers)

6 large firm green peppers
3 filets of anchovy, chopped
5 tablespoons olive oil
3 tablespoons grated Romano cheese
1 tablespoon chopped parsley
1 egg
2 tablespoons tomato paste
½ cup cooked chopped meat
½ cup boiled rice
½ cup bread crumbs
1 small onion, chopped
1 cup hot water
salt and pepper to taste

Blend tomato paste in hot water.

Wash peppers; remove stems and seeds. Combine all other ingredients except oil and tomato paste. Mix thoroughly. Stuff peppers.

Arrange in baking dish, pour oil over them. Bake in hot oven 15 minutes. Add blended tomato paste, continue baking for 15 minutes or until peppers are tender.

Serves six.

SCALLOPED EGGPLANT

1 eggplant
½ cup water
¼ cup butter
½ cup bread crumbs
2 well beaten eggs
½ teaspoon salt
⅛ teaspoon minced onion

Peel and slice eggplant in cubes. Cook in ½ cup water ten minutes. Drain, add all other ingredients, except bread crumbs.

Pour in casserole. Sprinkle with buttered bread crumbs. Bake 25 or 30 minutes at 350 degrees. Serves six to eight people.

—Madeleine Grill

POLENTA

Here is a corn meal mush so unusual that a holiday is celebrated in its honor. On the Friday before Lent, the people of Ponti, Italy, celebrate the feast of Polentine. The town's best cooks combine their efforts in preparing a huge dish of polenta said to weigh a thousand pounds. The day is celebrated by a parade and merrymaking in honor of the polenta. At the end of this day, the polenta is distributed to the poor.

6 cups water
1 teaspoon salt
2 cups uncooked corn meal
sharp grated cheese
Polenta sauce

Bring water and salt to brisk boil in large saucepan. Add corn meal slowly, stirring constantly, so boiling does not stop. Using very low heat continue cooking until thick about 20 minutes. Stir frequently to insure creamy texture. When cooked, remove from heat. In a buttered large casserole or baking pan spread alternating layers of mush, about 2 cups of Polenta sauce, sliced or grated cheese. Make top layer of cheese. Bake in 400 degree oven about 25 minutes, or until Polenta is hot and bubbly. Use remaining hot Polenta sauce as a gravy.

Polenta Sauce:

2 tablespoons chopped onion
2 tablespoons chopped green sweet pepper
1 minced clove garlic
½ pound ground beef
½ cup mushroom
3½ cups canned tomatoes
¼ cup chopped parsley
2 teaspoons mixed dry herbs (rosemary, marjoram, thyme, etc.)
¼ cup cooking oil
1 cup water
1 teaspoon salt

Cook onion, green pepper, garlic, parsley, herbs and beef in hot oil until lightly browned. Add all remaining in-

gredients and simmer ½ hour or longer to blend flavors and slightly thicken sauce. Makes four cups. Yields eight servings.

—Miss Isabel Dalmas

LA SOUPPA

1 package of bread sticks or 1 loaf French bread, toasted
1 to 2 quarts chicken broth, seasoned
grated cheese
2 to 4 tablespoons butter
dash cinnamon (optional)

Break bread sticks or bread in moderately shallow baking dish. Saturate with broth and then sprinkle grated cheese, butter, and cinnamon, (if desired) over mixture. Bake in moderately hot oven until brown. Serve while hot.

This was a favorite of early Waldensian settlers to Valdese and was the basis for a simple Waldesian meal served with a glass of wine and cheese.

—Mrs. Henriette Pascal

MILK RICE WITH CINNAMON

1 cup rice
1 cup cold water
1 teapsoon salt
1 quart of hot milk
1 tablespoon cinnamon
2 or 3 tablespoons brown butter

Place rice and water in saucepan, bring to a boil, reduce heat and cook very slowly over low heat. When water has disappeared, add a cup of milk at a time stirring occasionally till the milk has been used in the rice, this takes about ¾ hour. Pour cooked rice in pyrex or casserole dish. Sprinkle cinnamon over top and pour melted, brown, butter over top.

Serve while hot. Serves 12.

—Mrs. Pete Meytre

RISOTTO

¼ cup butter or margarine
1 cup uncooked rice
¼ cup grated Parmesan cheese
½ cup Marsala wine
¼ teaspoon saffron
¼ cup finely chopped onion
3 cups quick chicken broth, or chicken broth
1 teaspoon salt
2 tablespoons hot water

Using a 1½ quart saucepan with tight-fitting cover, melt butter or margarine, add and cook onions until lightly browned, then stir in the uncooked rice. Cook slowly until rice is lightly browned, stirring frequently with a fork. Add slowly, and stirring until mixture boils, the three cups chicken broth and ½ cup wine (this is optional) and 1 teaspoon salt. Cover the pan and reduce heat to a minimum and allow rice to simmer without stirring 18 minutes. Turn off heat under rice without moving pan; do not lift cover as rice must steam. In the meantime, dissolve the ¼ teaspoon saffron in the 2 tablespoons hot water. In 30 minutes water in saucepan should be absorbed and rice tender, fluffy and dry. Add saffron mixture to rice. Mix well using a fork to lift and turn rice. Serve warm and top with ¼ cup grated Parmesan cheese.

Serves four.

—Mrs. Edward Micol

SCRAMBLED EGGS (Italian Style)

4 eggs
2 tablespoons butter
3 tablespoons milk
¼ teaspoon salt
¼ teaspoon pepper
½ cup grated cheese

Beat eggs with fork, pour into frying pan in which butter has been melted. Add milk, salt and pepper. Cook slowly stirring with fork until mixture becomes thick and creamy. Pour into warm platter and top with grated cheese. Garnish with parsley and serve at once.

—Mrs. Nelle Garrou Hern

AMERICAN CHOW MEIN

Melt 1 tablespoon butter in large pan.

Brown 2 pounds ground beef. Season with salt and pepper.

Add:

1 cup onions finely chopped
1 cup chopped celery
1 cup chopped sweet green pepper
1 cup minute rice or regular rice cooked six minutes.

Pour 1 can tomatoes over all.

Cover with lid, cook on medium-high 10 minutes, then reduce heat to medium-low for remaining 50 minutes. Do not remove lid during cooking as the flavor will be lost. Serves eight.

—Mrs. Jeanette Jacumin Norman

POTATO DUMPLINGS FROM BOILED POTATOES

3½ pounds boiled potatoes
1½ cups rolled crumbs
½ roll cut into cubes
⅛ pound butter
3-4 eggs
½ teaspoon onion
pinch pepper
1 heaping tablespoon salt
½ cup flour
salt water

The potatoes are boiled, peeled and grated when they are cooled off or mashed while still hot. When cold, the mashed potatoes are mixed well with rolled crumbs, eggs, onion, pepper, salt, the ⅛ pound melted butter and the flour. The roll cubes are fried in butter crisp and yellow. These pieces are put in the middle of dumplings formed of the mashed potatoes, rolled in flour and cooked in salt water 15 to 20 minutes in an open kettle. The water must be boiling when the dumplings are put in.

Remarks: Try a dumpling; if it does not hold together, add more flour. The dumplings must be taken out of water as soon as done. Serve hot.

—Cora Lee Thierfelder

RAW POTATO DUMPLINGS

5 pounds large potatoes
1½ pints milk
⅛ pound fine cereal
1 tablespoon salt
1 roll cut into cubes
salt water for cooking
3 eggs

The raw potatoes are peeled, grated and pressed dry in a cloth. Bring the milk to boil, pour in the cereal slowly and boil 3 to 4 minutes, stirring constantly. Mix the grated potato with the boiling cereal, yolks of eggs, salt and beaten whites of eggs. Fry the roll cubes in butter very crisp. Rinse your hands in cold water, make dumplings from the mixture with the roll cubes in the center. While the dumplings are being made the salt water is brought to boil and the dumplings are put in for 15 to 20 minutes. Do not cover the pot. The raw potato dumplings must be prepared quickly or they will turn black. They may be served with any kind of meat.

—Cora Lee Thierfelder

PUDDINGS
OTHER DESSERTS

Puddings

BAKED SWEET PUDDING WITH WINE FROSTING

6 rolls
1 pint milk.
¼ lb. good butter
¼ lb. sugar
1/8 lb. chopped citron or almonds
1¼ grated lemon peel
¼ tsp. cinnamon
6 eggs

The crust is grated off the rolls. These are cut and soaked in milk for 1 hour, then the milk is pressed out and the baked rolls stirred with the melted butter to a creamy mass. Add sugar, citron, cinnamon, 6 eggs (yolks) and the beaten whites. Butter a pudding dish, put in the batter and bake 1 hour.

For Wine Frosting

Prepare the frosting by mixing 6 yolks of eggs, sugar, grated lemon peel and lemon juice, cinnamon, French white wine. heating it on the fire while beating constantly. Then add the 6 beaten whites of eggs to the hot sauce. Pour the wine sauce over the hot baked pudding and serve at once.

6 eggs
1/8 lb. sugar
peel and juice of 1 lemon
¼ tsp. cinnamon
2 glasses French white wine

—Cora Lee Thierfelder

SABAYON

A delicious dessert, or cake filling, or fruit cake sauce.

½ cup Marsala Wine (a white sauterne may be used).
1/3 cup of sugar
3 egg yolks

Beat wine, sugar and egg yolks together, then place in top of double boiler, and beat with rotary beater for about 5 minutes or until stiff enough to hold up in points. This dessert may be served plain like a soft custard, or used as a filling for cake, or thinned with more wine and used as a sauce over fruit cake.

—Mrs. John D. Guigou

ALMOND CREAM PUDDING

1 envelope unflavored gelatin
3 tablespoons water
¼ cup chopped almonds
2 tablespoons confectioner's sugar
1 teaspoon almond extract
½ pint heavy cream
6 maraschino cherries

Soften gelatin in cold water, then heat very gently until gelatin is dissolved. Combine dissolved gelatin, nuts, sugar and almond extract, and chill until mixture thickens. Whip cream until stiff and fold into gelatin mixture. Chill for at least 3 hours, then serve in sherbet glasses, garnished with a maraschino cherry. Serves 6.

—Mrs. E. Squillario

SWEET POTATO - BANANA PUDDING

4 potatoes (1 lb.)
2 eggs
1 tablespoon butter
1 cup milk
1 banana sliced
1 teaspoon vanilla
Pinch of salt

Cook sweet potatoes until done, mash, mix all ingredients except banana together. Put alternating layers of potato mixture and banana in casserole. Bake in 400 degree oven for about 20 minutes.

When done, mix up ½ cup corn flakes with sugar, sprinkle on top of pudding.

—Mrs. James Henry Pascal

CUSTARD SAUCE

2 cups milk
½ cup sugar
1 tsp. vanilla extract
6 egg yolks or 3 whole eggs

Scald the milk and cool to lukewarm. Beat the egg yolks and add sugar. Add the milk gradually, stirring constantly. Place in the top of a double boiler and stir over simmering water until the sauce thickens to the consistency of heavy cream. Remove from fire and add vanilla.

CARAMEL CUSTARD

4 eggs
1 pint milk
8 teaspoons sugar
Dash of salt
1 teaspoon vanilla flavor
Caramel syrup

Beat the eggs, add milk, sugar and flavoring. To make the caramel syrup heat 3/4 cups sugar with ¼ cup water, cook until brown. Line the bottom of an oven proof dish with the syrup (individual custard cups may be used) Pour the custard mixture over caramelized mixture. Bake for 20 minutes at about 400 degrees. Let cool. Serves 6.

—Mrs. James Henry Pascal

RUM PUDDING

Lady fingers (made from sponge cake batter)
Apricot or Peach jam
3 tbsp. finely cut citron
Rum syrup:
1 cup water
1 cup sugar
1 cup seedless raisins
3 tbsp. chopped candied orange peel
¼ cup rum

Spread each lady finger with jam. Place a layer of the lady fingers in the bottom of a deep, buttered, oven-proof dessert dish. Pour a little rum syrup—made by heating sugar, water and rum until the sugar is dissolved - over the lady fingers. Sprinkle raisins, citron, and orange peel over this. Continue this process until the dish is three quarters filled. Finish with a layer of lady fingers. Place dish in pan of hot water and bake 1-½ hours in 350 degrees F. oven.

BREAD PUDDING WITH RUM SAUCE

10 slices white bread
1 tsp. cinnamon
1 tbsp. flour
1 c. seeded raisins
¼ c. butter
½ c. milk
1 tsp. salt
3 eggs
1 c. seedless raisins

Sauce:

1 tbsp. flour
3 tbsp. rum
¼ tsp. salt
4 tbsp. butter
3 tbsp. water
1/3 c. sugar

Soak the bread in milk 10 minutes. Add salt, cinnamon, flour, unbeaten eggs, raisins and butter that has been softened but not melted. Mix all this with your hands or with a heavy spoon until the dough is thick and smooth. Dip a large dish cloth or double thickness of cheesecloth in boiling water. Spread flat on a table and sprinkle with flour. Place the mixture, formed into a large ball, in the middle of the cloth and tie the ends together. Suspend pudding in boiling water. Tie the ends of the cloth to the handle so that the pudding does not touch the bottom of the pot. Boil 2-½ hours being careful that water does not all boil away. Remove from the water and let stand 20 minutes before taking the pudding out of the cloth. For the sauce: Melt butter and stir in flour. Add water, rum, sugar and salt. Simmer 10 minutes, stirring constantly. Sauce can be made ahead of

time and kept in warm covered double boiler over hot water. When pudding is ready to serve, pour the hot sauce over it.

ZABAIONE

An international favorite, this rich wine dessert has many adapted variations using many different ingredients.

Set out double boiler.

Beat until thick and lemon-colored:

6 egg yolks
½ cup sugar

Stir in: **1 cup Marsala wine** (preferably) or **½ cup sherry**
cup white wine instead of Marsala
½ cup white wine

Pour mixture into top of double boiler, and set over simmering water. Beat constantly with rotary beater until mixture is very light and begins to thicken. When mixture begins to rise, remove from heat.

Serve either hot or warm in sherbet glasses.

6 servings.

—Miss Isabel Dalmas

Other Desserts

LUSCIOUS LEMON DESSERT

2 envelopes unflavored gelatin
½ cup water
6 eggs, separated
½ cup sugar
½ cup scalded milk
3/4 cup lemon juice
1 tablespoon grated lemon rind
½ cup sugar
½ cup chopped pecans
1 cup heavy cream, whipped
½ angel food cake
1 cup heavy cream, whipped
2 tblsp. sugar
¼ cup chopped pecans
Grated rind of 1 lemon

Soften gelatin in cold water. Beat egg yolks, combine with ½ cup sugar and milk. Cook over boiling water, stirring constantly, until thickened.

Stir gelatin until dissolved. Cool; add lemon juice and rind. Beat egg whites until stiff, adding - cup sugar gradually while beating. Fold beaten egg whites, pecans and 1 cup cream whipped into custard mixture. Alternate with strips of angel food cake in a 3 quart ring mold.

Chill several hours or overnight. Turn out; add sugar to second cup heavy cream, whipped; frost dessert. Sprinkle with chopped nuts and lemon rind.

Makes 20 servings.

—Mrs. Alex Vinay

DATE NUT LOAF

1 cup sugar
1 beaten egg
1 tablespoon butter
1 package chopped dates
½ cup chopped nuts
1½ cups sifted flour
1 teaspoon baking soda
¼ teaspoon salt
1 cup boiling water

Cream sugar and butter. Add beaten egg, chopped dates and nuts. Mix well. Sift flour, soda and salt together and add alternately with boiling water. Bake in greased loaf pan at 350 Degrees for 1 hour.

This cake is best when baked a day in advance and will keep fresh and moist for a week or more. It may be served plain, iced with a butter frosting or is delicious sliced and topped with whipped cream.

—Mrs. L. C. Johnston

DATE NUT ROLL

1 lb. pecans (shelled)
1 package dates (pitted)
1 large box honey graham crackers
1 medium package marshmallows
1 small can condensed milk

Roll graham crackers with rolling pin into crumbs. Chop nuts and cut dates. Cut marshmallows or melt in condensed milk. Cool. Pour milk mixture over nuts, dates and crumbs. Mix well. Reserve enough crumbs. To roll mixture in. Approximately 1 cup. Divide 4 ways. Roll into logs. Wrap in heavy foil. Store in refrigerator and let mellow.

For variation add . . . raisins and citrus fruits: Roll in chopped nuts or moist coconut.

To serve slice thin.

—Mrs. John Stephen Perrou

ORANGE ICE

30 Marshmallows
8 to 12 oranges, juice
Whipped cream

Melt marshmallows in orange juice. Freeze. Top with whipped cream.

—Mrs. L. R. Burris Sr.

BANANA - PUMPKIN CHIFFON PIE

½ cup milk
1½ cups pumpkin
1 cup brown sugar
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon nutmeg
3 eggs, separated
1½ envelopes gelatine, plain
¼ cup water, cold
¼ cup bananas, mashed
¼ cup white sugar
1 cup heavy cream
½ teaspoon orange rind

Heat milk in the top of double boiler with pumpkin, brown sugar, ginger, cinnamon and nutmeg. Separate eggs, beat yolks slightly. Add gradually some of the hot mixture to the egg yolks. Mix well and pour into balance of hot mixture. Continue cooking over boiling water until slightly thickened. That will be the spoon coating stage. Stir constantly. Soften gelatine in cold water, add to the hot custard and stir until dissolved. Cool. Beat the egg whites until stiff but not dry. Fold into pumpkin mixture, add the mashed bananas. Chill a little while but do not allow to set. Beat cream until stiff, add with care the orange rind and sugar. Fold this into the pumpkin mixture. Pour into baked pie crust. Chill until set. Serve garnished with whipped cream and walnut halves. Use your favorite pie crust recipe.

—Mrs. Johnsie Crowe

CHOCOLATE - CHIP TORTONI

1 egg white
4 tablespoons sugar
1 cup heavy cream
2 teaspoons vanilla
½ cup semi-sweet chocolate morsels
1 teaspoon shortening
¼ cup toasted almonds, finely chopped

Set control of refrigerator at coldest point. Beat egg white until stiff but not dry. Gradually add 2 tablespoons of the sugar and beat until stiff and satiny. Beat cream, remaining sugar and vanilla until stiff. Fold cream mixture into egg-white mixture. Pour into freezing tray and chill until the mixture has frozen ½ inch from sides of tray. Melt chocolate morsels and shortening over hot water (not boiling). Turn frozen mixture into chilled bowl and stir until smooth but not melted. Fold in nuts. Fold in melted chocolate as you drizzle it over slowly. This "chips" the chocolate. Pour into 8 2-ounce paper cups. Continue to freeze until firm. Yield: 8 portions.

— Isabel Dalmas

COFFEE TORTONI

1 egg white
1 tablespoon instant coffee
⅛ teaspoon salt
2 tablespoons sugar
1 cup heavy cream
¼ cup sugar
1 teaspoon vanilla
⅛ teaspoon almond extract
¼ cup toasted almonds, finely chopped

Set refrigerator at coldest point. Combine egg white with coffee and salt; beat until stiff but not dry. Gradually add 2 tablespoons sugar; beat until stiff and satiny. Beat cream, ¼ cup sugar, vanilla and almond extract until stiff. Fold with nuts into egg-white mixture. Pour into 8 2-ounce paper cups. Freeze. Yield: 8 portions.

—Isabel Dalmas

TOASTY TORTONI

3/4 cups finely crushed corn flakes
2 egg yolks slightly beaten
½ cup sugar
¼ teaspoon salt
1 cup hot water
1 package lemon gelatin
½ cup lemon juice
1 teaspoon grated lemon rind
2 cups of whipping cream whipped
2 eggs whites
3 tablespoons sugar

Grease Freezing tray with butter and line bottom and sides with ½ cup crushed corn flakes. Combine egg yolks, ½ cup sugar, salt and water. Cook over hot water until it coats a spoon. Remove from heat. Add gelatin and stir until it dissolves. Add lemon juice, rind, and cream. Blend. Chill until slightly thickened. Beat egg whites and add 3 tablespoons sugar. Fold into gelatin mixture. Turn into tray that has been coated with crumbs. Top with remaining crumbs. Freeze in tray until firm. Unmold and slice. Serve with whipped cream.

Serves 8 to 10.

— Mrs. L. R. Burris, Sr.

ICE CREAM

(Sure to make a hit with every member of the family.)

1 Gallon:
3 cans sweetened condensed milk
3 quarts fresh sweet milk
3 tablespoons vanilla flavoring
Pinch of salt

Mix milk, salt and flavoring well. . . Pour into freezer and freeze.

For variation use fresh fruits. Chocolate milk may be used for chocolate ice cream in place of sweet milk.

—Valdese Fire Department

SAVARIN

1 egg and 2 yolks
½ cup milk, scalded and cooled
¾ cup sugar
2 c. flour
4 tbsp. melted butter
1 yeast cake
½ tsp. vanilla

Have scalded milk lukewarm, then add the yeast and let stand 10 minutes. Add the melted butter to the sugar and beat together with two yolks until thick and lemon colored. Add the remaining egg, beaten, and blend well. Add the milk and yeast mixture alternately with flour. Set aside in warm place, cover and let rise 3 hours. Place in well-oiled tube or ring mold and bake at 350 degrees F. Unmold and sprinkle generously with confectioners' sugar. Center of Savrin may be filled with any fresh fruit in season.

BLACK WALNUT TARTS

Pastry for double-crust 9" pie, or 1 pkg. prepared mix
1 cup chopped English walnuts, or black walnuts
3 eggs
1 cup light corn syrup
¼ teaspon salt
1 tablespoon flour
1 teaspoon black walnut, or vanilla flavor

Line muffin pans or tart pans with pastry, place nuts on bottom of each shell. With pastry blender, beat eggs lightly in mixing bowl. Add corn syrup, blend just enough to combine. Add remaining ingredients, blend without beating. Quickly pour filling over nuts. Bake 30 min. in 325 degrees F. oven. Yields 24 to 28 tarts, or 2 pies.

—Isabel Dalmas

ALMOND STRAWS

6 eggs
1 lb. sugar
¾ lb. blanched grated almonds
1 grated lemon rind

Eggs, sugar, almonds and lemon rind are mixed well and stirred until the dough rolls from the spoon with which you stir it. The bread board is floured, the dough rolled out to ½ inch thickness and cut into strips 3 inches long and 2 inches wide. Leave them on the board over night, turn them in the morning and leave them 6 hours longer, then bake in a medium hot oven to a golden yellow color.

—Cora Lee Theirfelder

CREAM PUFFS

¼ cup butter
½ cup boiling water
1/8 teaspoon salt
½ teaspoon sugar
½ cup all purpose flour
2 eggs

Put butter in pan, pour boiling water over it. Add salt and sugar then put pan over burner and bring to a rapid boil. Dump flour all at once. Lower heat immediately; stir vigorously until the mixture comes completely away from the pan and forms a ball in the center. Take pan from stove, add eggs one at a time. Beat hard until batter is glossy.

Drop half teaspoon on greased cooky sheet. Bake at 400 degrees for 15 minutes, reduce heat to 350 degrees, bake for 10 minutes. Test by taking one from oven. If it doesn't collapse, the puffs are done. When cool slice off top, remove any moist dough left in shell and fill with custard, ice cream, whipped cream, the lemon fluff filling below or any dessert filling. Makes 12 puffs.

LEMON FLUFF FILLING

1 lemon (grated rind and juice)
3 eggs
½ cup sugar
Few grains of salt

Beat yolks until thick, add sugar, lemon juice, grated rind and salt. Cook over hot water until mixture thickens, stirring constantly. Remove from heat. When cool, fold in stiffly beaten egg whites. Chill and fill puffs with mixture. (This may be served as a dessert without the cream puffs.)

EGG NOG SAUCE

1 egg, slightly beaten
1 cup powdered sugar
½ cup creamed butter
1 tablespoon brandy or other flavoring

Cream butter, add sugar, like hard sauce. Add egg and flavoring. Mix and pile on nut souffle.

—Mrs. L. R. Burris, Sr.

NUT SOUFFLE

1 cup Zweiback
1 cup pecans, broken
1 cup sugar
1 teaspoon baking powder
4 eggs, beaten separately
1 pint double cream

Mix egg yolks, sugar and baking powder. Add Zweiback, pecans and egg whites. Bake in moderate oven 30 minutes. Whip cream, sweeten to taste and pile between baked layers.

BELLE FEMME
(Strawberries in Wine)

Prepare one basket fresh strawberries.

Combine following ingredients:

1 six ounce glass Wine
1 one ounce glass Brandy
3 teaspoons sugar

Pour over strawberries and leave overnight. Serve chilled.

Fresh peaches may also be prepared the same way.

—Steve Grill

SPICED WATERMELON CUBES

Watermelon rind, cubed, 6 cups
Water, 3½ cups
Fresh Mint Leaves, packed, ½ cup
Whole Cloves, 2 teaspoons
Whole cinnamon,
2-inch sticks
Sugar, 6 cups
Cider Vinegar, 1 cup
Green fruit coloring

Pare off green skin and inner pink portions from watermelon rind; cut into ½-inch cubes and measure. Soak overnight in salt water to cover (¼ cup salt to 2 quarts water) in refrigerator or cool place. Drain, cover with clear water and boil for 30 minutes, drain again. Measure the 3½ cups water into 4-quart kettle. Tie mint leaves and spices in piece of clean cheesecloth; add to water and boil for 2 minutes. Then add sugar, vinegar, lemon and cubed watermelon. Boil gently 50 minutes until cubes are transparent and sirup is slightly thickened. Then 15 minutes before cooking is completed add a few drops of green food coloring to tint a delicate color. Remove bag of spices; spoon into hot sterilized jars and seal. Makes 6 half-pints.

—Mrs. Celestine Dalmas

CAKES
COOKIES
CANDIES

Cakes

SPONGE CAKE

5 eggs
1 cup sugar
2 teaspoons almond extract
1 cup flour, sifted three times
½ teaspoon salt
½ teaspoon nutmeg

Beat egg whites until stiff but not dry, adding half the sugar. Add almond extract to egg yolks and beat until thick and lemon colored. Beat in remaining sugar. Combine mixture. Cut and fold in flour sifted with salt and nutmeg. Pour into greased and lightly floured tube pan. Cut through mixture several times to break air bubbles. Bake one hour or more at 325 degrees.

—Mrs. Pete Meytre

JAPANESE FRUIT CAKE

1 cup butter
1 cup sweet milk
2 cups of sugar
4 eggs
3 cups of flour with 1 heaping teaspoon of baking powder

Make these ingredients into a batter, beat well, divide in half and bake two layers of the plain batter. Into the other half, add the following, 1 teaspoon each of cloves, allspice and cinnamon, and 1 pound of chopped raisins. Mix thoroughly and bake in two layers.

Filling:

2 cups of sugar
1 cup of boiling water
1 coconut grated

Juice and grated rind of two good lemons. Put on to boil. When this reaches boiling point, add 1 teaspoon of corn starch and boil until it drops in lumps from spoon. Ice cake if desired.

FAMOUS CHOCOLATE CAKE

½ cup shortening, half butter—half Crisco
1½ cups sugar
2 squares unsweetened Baker's chocolate, melted
3 eggs, separated
2 cups sifted cake flour
1 teaspoon baking soda
1 teaspoon vanilla
⅛ teaspoon salt
1 cup sour milk

Cream shortening, add sugar gradually until fluffy. Add vanilla and beaten egg yolk, then melted chocolate.

Sift dry ingredients together three times and add alternately with sour milk. Fold in stiffly beaten egg whites. Bake at 350 degrees for 25 minutes.

—Madeleine Grill

WINE FRUIT CAKE

2 cups diced candied pineapple
1 cup thinly sliced citron
4 cups seedless white raisins
½ cup thinly sliced candied cherries
½ cup sherry wine or any sweet wine or plain fruit juice
1¼ cups butter or shortening
1½ cups sugar
½ teaspoon salt
½ teaspoon allspice
½ teaspoon nutmeg
1 teaspoon cinnamon
8 beaten eggs
2¼ cups sifted flour
1 cup coarsely chopped pecans
2 cups coarsely chopped walnuts

Combine prepared fruits, add wine and let stand several hours or overnight. Grease and line one large tub pan or 3 medium sized loaf pans. Line each with

heavy brown paper, letting paper extend ½ inch above the pan.

Cream shortening, gradually, add the sugar mixed with salt and spices. (Try flavoring this cake with only vanilla, leaving out the spices). Cream until light and fluffy. Add beaten eggs and beat well. Beat in flour. Last, add nuts and wine-softened fruit, with any remaining wine in bowl. Mix well until well-coated with batter. Pour into paper lined pans and bake in a very slow oven (250 degrees) for 4 to 5 hours or until done when tested with a toothpick. Place a flat pan holding two cups of water on bottom shelf while cake is baking to keep the cake moist. Makes 5 pounds of rich, fruity cake. Cool and store in a tight container.

This cake is good, fresh or aged.

—Mrs. Evelyn Bronson

ORANGE FRUIT CAKE

¾ cup shortening
1 cup sugar
3 eggs
1 teaspoon salt
1½ teaspoon soda
3 cups cake flour
1 cup chopped nuts
1½ cups chopped dates
1 grated orange peel
1 cup buttermilk
1 teaspoon vanilla

Sift salt, soda and flour at least twice. Cream shortening and sugar. Add eggs one at a time, beat well after each. Add dates and orange peel. Add dry ingredients alternately with buttermilk and vanilla and stir in nuts.

Bake 1½ hours at 300 degrees.

Topping for Cake:

Mix and let stand while cake is baking: Juice of two oranges and rind left from cake, ¾ cup sugar. Pour over hot cake.

—Mrs. T. E. Burney
and Mary Lou Ennis

BROWN STONE FRONT CAKE

2 cups sugar
3 cups flour
3 eggs
1 cup butter or Crisco
1 cup buttermilk
1 teaspoon vanilla
1 teaspoon soda
1 square unsweetened chocolate or 3 tablespoons cocoa
½ cup warm water

Cream shortening and sugar, add eggs and vanilla. Sift flour, add alternately with butter and milk. Dissolve chocolate and soda in warm water. Add to mixture.

Grease three 8-inch layer cake pans and sprinkle with flour. Bake at 350 degres for 25 minutes.

Icing:

2 cups sugar
1 stick butter
1 stick margarine
1 cup canned milk
1 teaspoon vanilla

Melt butter. Stir in sugar and milk. Cook 45 minutes at low heat. Let cool, add vanilla, beat until thick enough to spread.

—Floread Buff

WHITE FRUIT CAKE

--½ pound candied pineapple -- -- --
--½ pound candied cherries --- --- ---
--½ pound candied citron --- --- ---
--½ pound sliced Brazil nuts --- ----

Slice and add ½ cup orange juice, let it sit overnight.

1 cup butter
1½ cup sugar
1 teaspoon vanilla
pinch salt

Cream and add 4 egg yolks, then add 4 tablespoons coconut which has stood 15 minutes with 1 teaspoon almond extract. Combine all and add 2 teaspoons baking powder, then add 4 cups flour. Next add 4 stiffly beaten egg whites. Bake in an oven about 350 degrees for 1½ hours.

DELICIOUS POUND CAKE OR WHOLE WHEAT

½ pound butter
2 cups brown sugar
pinch of salt
5 eggs
2 cups whole wheat flour
grated rind of 1 orange

Cream butter. Gradually add brown sugar and salt, and cream together until fluffy. Add eggs one at a time. Add sifted flour, grated rind of orange. Bake in loaf pan at 325 degrees for one hour.

—Miss Isabel Dalmas

FUDGE BAR CAKE

2 ounces chocolate dissolved in ½ cup boiling water
1 cup flour
1 cup sugar
1 teaspoon salt
½ teaspoon soda
¼ cup Spry
¼ cup sweet milk plus juice of ½ lemon
½ teaspoon vanilla
1 egg unbeaten

Pour boiling water over chocolate and stir until melted. Cool. Sift flour, sugar, salt and soda into chocolate mixture, drop in Spry, add milk, vanilla and egg. Bake in 350 degree oven for about 30 minutes. Makes one 9-inch layer.

Fudge Icing:

1 stick butter
2 squares chocolate
1 box brown sugar
2/3 cup canned milk
½ teaspoon salt

Boil one minute or until it forms soft ball in cold water. Beat until right consistency to spread.

—Mrs. J. B. Weaver

PINEAPPLE UPSIDE DOWN CAKE

½ cup butter
1 cup brown sugar
8 pineapple slices

Mix melted butter with brown sugar in heavy skillet. Arrange pineapple slices in pan. Place cherries in center or nuts if desired.

3 eggs
1 cup sugar
5 tablespoons pineapple juice
1 cup flour
1 teaspoon baking powder

Blend beaten egg yolks, sugar and pineapple juice. Sift in flour and baking powder. Fold in beaten egg whites. Pour batter over fruit in pan and bake about 45 minutes until even brown.

—Mrs. Mary M. Garrou

POUND CAKE

1 box confectioner's sugar
1 box cake flour (measure in sugar box)
1½ teaspoon vanilla
1 tablespoon lemon juice or almond
3 sticks margarine (at room temperature)

Cream sugar and margarine. Add one egg at a time. Add vanilla and lemon juice. Stir in flour. Grease and flour 9 inch tube pan. Bake at 350 degrees for one hour 20 minutes.

—Floread Buff

POUND CAKE

1 2/3 cup sugar
½ pound butter
5 eggs
2 cups flour
vanilla or lemon flavoring

Cream butter and sugar. Add eggs and flour alternately. Beat well. Add vanilla. Bake at 325 degrees for approximately one hour.

—Mrs. Steve Rostan

POUND CAKE

½ pound butter
½ cup shortening
3 cups sugar
1 cup milk
6 eggs
3 cups plain flour
½ teaspoon baking powder
2 teaspoons lemon or vanilla or 1 teaspoon almond flavor

Cream sugar and shortening. Add eggs one at a time, beating after each addition. Add sifted flour and baking powder alternately with milk. Stir in flavoring. Bake 1½ hours in 350 degree oven.

—Mrs. J. B. Weaver

POUND CAKE

1 cup butter
1 2/3 cups sugar
5 eggs
2 cups cake flour
1 teaspoon vanilla
1 teaspoon lemon flavoring

Cream butter and sugar. Add eggs one at a time and beat well after each addition. Add the flour, beat and add flavoring. Bake in very slow oven about 350 degrees.

PRUNE CAKE

3 eggs
1 cup vegetable oil
1½ cups sugar
2 cups flour
1 teaspoon each: cinnamon, nutmeg, allspice
1 teaspoon soda
1 cup buttermilk
1 cup prunes, cooked, seeded, chopped
1 cup nuts
1 teaspoon vanilla

Blend sugar and oil. Add eggs. Add dry ingredients alternately with the milk. Add vanilla, nuts, and prunes. Pour into buttered pan. Bake at 300 degrees for 45 minutes. When brown, remove from stove and while still hot cover with following icing:

Buttermilk Icing:

1 cup sugar
½ cup buttermilk
½ teaspoon soda
1 tablespoon white corn syrup
¼ cup butter
1 teaspoon vanilla

Boil mixture until it forms a soft ball. Pour over hot cake without beating. (A low pyrex dish for baking is good to bake this cake in so as to leave cake in the pan until ready to cut into blocks for serving).

—Miss June Angel

FRENCH APPLE CAKE

1 cup butter
4 whole eggs
3 teaspoons baking powder
2 cups sugar
3 cups flour
1 cup milk
1 teaspoon vanilla
6 or 8 sour apples, sliced

Cream butter and sugar well, add eggs one at a time, then milk and the flour (with baking powder added) alternately. Add vanilla. Entire beating time 3 times or until creamy and light.

Slice fresh apples, pared and cored, sprinkle with sugar. Add small portion of batter to greased and floured cake pan, then apples ending up with batter. Bake in 350 degree oven for 30 or 40 minutes.

Makes two, 8 or 9 inch cakes or one large family size.

Serve warm or cold.

—Mrs. Philip Bounous

ITALIAN RUM CAKE # 1

1 quart milk
6 egg yolks
8 tablespoons sugar
1 grated lemon rind
12 tablespoons sweet rum
12 tablespoons sweet vermouth
6 tablespoons orange marmalade
1 large spongecake (about 12 in.)
Pinch of salt
2 oz. finely chopped toasted almonds

PLAIN CUSTARD

Beat egg yolks thoroughly. Blend well in saucepan the milk, eggs, sugar, flour and salt. Strain through fine sieve to insure very smooth mixture. Cook over low flame for about 10 minutes or until thick and it starts to boil. Do not boil. Remove from fire. Cool. If chocolate flavor is desired, melt two cubes of bitter chocolate in hot custard. Stir well.

SPONGECAKE

8 egg yolks
8 egg whites
1-1/3 cups flour
2 teaspoons grated lemon rind
2 tablespoons water
1½ teaspoons almond extract
1-¼ cup sugar
¼ teaspoon salt

Use large mixing bowl. Sift ½ cup of sugar with flour several times to blend well. Place egg yolks, water, and grated lemon rind in mixing bowl. Beat lightly. Add almond extract. Gradually sift flour very lightly over beaten egg yolks. Fold in gently. Place egg whites in another bowl and beat until foamy. Add salt and balance of sugar; beat until stiff. Gently fold in the stiff egg whites into flour mixture. Pour into 10-or 12-inch ungreased cake pan. Bake in moderate oven, 350 degrees for 45 minutes. Be careful not to jar cake while baking, as it may become heavy.

When cake is done, invert pan on wire rack for about one hour or until cold. Remove from pan.

Slice spongecake into three layers; pour six tablespoons of vermouth over each of two layers. Spread with thin layer of orange marmalade, then layer of custard. Place third layer over this; pour rum over all. Cover top and side of cake evenly with thick layer of custard. Sprinkle with finely chopped almonds. Serves 12 to 14.

ITALIAN RUM CAKE # 2

8 egg yolks
8 half egg shells full of marsala wine
8 level teaspoons sugar
1 spongecake (10-12 inches in diameter)
1 cup sweet rum
2 tablespoons sugar
½ pint whipping cream
½ cup chopped glazed fruit

Zabaglione (Marsala Custard): Break egg yolks into top part of large double boiler. Add sugar. Beat with egg beater until light lemon colored and thoroughly blended. Add Marsala; beat thoroughly again.

Place boiling water in lower part of double boiler. Cook egg-yolk mixture (over boiling water) about five minutes or until it begins to thicken. While cooking, be sure to beat constantly. Do not allow to boil. Remove from fire immediately upon first sign of bubble. Set aside to cool.

Slice spongecake into three layers. Place one layer on cake plate; pour 1/3 cup of rum over it. Cover with 1/3 of Zabaglione. Place second layer of cake over this; alternate with rum and Zabaglione. Place in refrigerator. When ready to serve, pour cream in mixing bowl, add two tablespoons of sugar, whip until stiff. Spread over top and sides of cake just before serving. Sprinkle with chopped fruit.

Serves 12 to 14.

CHOCOLATE POUND CAKE

½ pound butter
½ cup shortening
3 cups white sugar
3 cups flour
4 heaping tablespoons cocoa
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon vanilla
1 cup milk
5 eggs

Cream butter, shortening and sugar well. Have butter and shortening at room temperature. Add eggs beating only enough to blend well. Sift together dry ingredients. Add alternately with milk. Grease and flour 8 inch tube pan. Bake at 325 degrees for one hour and 20 minutes.

Icing:

Combine in a sauce pan:
1 cup firmly packed brown sugar
½ cup water
3 squares chocolate
½ teaspoon salt
2 tablespoons butter

Cook slowly until chocolate melts—boil two minutes. Let cool. Add 2½ cups sifted confectioner's sugar. Beat until blended and thick enough to spread. More confectioner's sugar may be added to give desired consistency. If desired, add 1 cup chopped pecans.

—Mary Lou Ennis

CHOCOLATE POUND CAKE

Cream together ½ cup butter, ½ cup shortening, 3 cups sugar. Add 5 eggs, 1 at a time, 1 cup sweet milk. Sift together 3 cups flour, ½ teaspoon baking powder, ½ teaspoon salt and 4 tablespoons cooca. Add 1 teaspoon vanilla. Bake at 325 degrees for one hour and 20 to 30 minutes or until done.

Frosting:

¼ cup butter, 2 squares chocolate melted together. Add 1 box powdered sugar. Flavor with vanilla.

This cake is quite large and can be reduced to half for small family use. It is equally good without the icing. It stays fresh and wholesome tasting until the last crumb.

—Rita Pons Reich

PANETTONE
(Italian Coffee Cake)

2 yeast cakes, crumbled
½ cup water
½ cup warm milk
1 teaspoon salt
½ cup sugar
4 egg yolks, room temperature
2 eggs, room temperature
1 cup seedless raisins
5 cups pastry flour, sifted
½ cup candied citron peel, sliced

Soften yeast in water. Add milk, salt, sugar, beaten eggs and yolks. Add to 4½ cup flour. Knead smooth adding flour as needed and fruits. Place in buttered bowl and butter top. Cover and let rise in warm place until twice its bulk. Knead and place in 3-quart buttered round pan. Butter top and let rise until doubled. Cut cross in top. Bake in oven, 400 degrees five minutes. Place ½ teaspoon butter in center of cross. Return to oven and bake at 400 degrees for 15 minutes longer. Bake an hour longer at 350 degrees.

WALDENSIAN COFFEE CAKE
(Sweet and Tangy Bread)

1 package yeast
½ cup warm water
1 cup milk, scalded and cooled
3 egg yolks
4 cups flour
½ cup sugar
½ teaspoon salt
1 cup butter
Raisins
Brown sugar and cinnamon, mixture

Soak yeast in water. Blend butter and dry sifted ingredients. Add egg yolks and yeast mixture to milk. Mix until smooth and elastic. Cover and let rise overnight in refrigerator. (Also at this time add small amount of Rum or Bourbon to raisins—let raisins soak and puff up retaining liquid.)

Following day, roll small amount of dough (small as walnuts) into mixture of brown sugar and cinnamon. Stack these in large, or 2 medium size, baking dish. Keep doing this until all dough is used up. Then add raisins to crevices. Let rise until double in size. Cook at 350 degrees 30 minutes or until brown. When cool drizzle with powdered sugar and milk combination (thick). Serve warm.

—Mrs. George Grill

Cookies

SNICKERDOODLES

Preheat oven to 400 degrees.

Mix together thoroughly

1 cup soft shortening

1½ cups sugar

2 eggs

Sift tgoether and stir in

2½ cups flour

2 teapsoons cream of tartar

1 teaspoon soda

½ teaspoon salt

Roll into balls the size of small walnuts. Roll in mixture of two teaspoons sugar and two teaspoons cinnamon. Place about two inches apart in ungreased cookie sheet. Bake 8 to 10 minutes in moderately hot oven until light brown, but still soft. (These cookies puff up at first—then flatten but with crinkled tips.)

Makes about five dozen.

—Mrs. Walter Pons

PEANUT CREAM COOKIES

½ cup Crisco

½ cup white sugar

½ cup brown sugar

½ teaspoon salt

1 egg

1¼ cup flour

1 cup peanut butter

½ teaspoon soda

Blend Crisco, sugar, salt and egg. Add peanut butter, stir in flour sifted with soda. Form dough in balls, size of walnut. Place on a cookie sheet and press down with fork in one direction, then at right angles to form cross.

Bake in oven 375 degrees about 10 minutes. Makes three dozen.

—Mrs. Mary M. Garrou

OLD FASHIONED SUGAR COOKIES

½ cup butter

1 cup sugar

1 egg

½ teaspoon grated lemon rind

¼ teaspoon salt

1½ teaspoon baking powder

2 cups sifted flour

¼ cup milk

Cream butter and sugar thoroughly. Add egg, vanilla, and lemon rind. Beat until mixture is light and fluffy. Sift dry ingredients. Stir into creamed mixture together with milk. Divide dough in half. Chill one hour. Roll out one-half on floured board keeping the other chilled until you're ready to roll it. Roll ¼ inch thick. Cut in bars and place on greased cookie sheet. Bake in moderate oven 350 degrees 25 minutes or until light brown.

Variation:

CHOCOLATE CHIP COOKIES

Add ½ cup semi-sweet chocolate chips to dough. Grease and flour 2 square 9 x 9 inch baking pans. Spread half the dough in each. Bake in moderate oven, 350 degrees until done. While still warm, cut in 3 inch squares. Makes 18 cookies.

NUT SUGAR COOKIES

Add ½ cup shredded coconut. Drop on cookie sheet.

RAISIN COOKIES

Add ½ cup seedless raisins. Make drop cookies.

SPICED SUGAR COOKIES

Add ¼ teaspoon nutmeg and ½ teaspoon cinnamon to dough — omitting lemon rind. Roll dough.

—Mrs. L. C. Johnston

PECAN BALLS

2 cups ground pecans (half black walnuts and pecans may be used)
4 tablespoons sugar
1 cup butter
2 teaspoons vanilla
2 cups flour

Mix together and bake about 20 or 25 minutes at 325 degrees. Roll in powdered sugar while warm.

—Mrs. Loy Ray Burris, Jr.

CARAMEL BROWNIES

1½ cups flour
2 teaspoons baking powder
1 teaspoon salt
½ cup shortening
2 eggs
2 teaspoons vanilla
1 cup nuts

Sift dry ingredients. Melt shortening, add sugar, eggs and vanilla. Add dry ingredients mixed with nuts. Pour into greased pan. Bake in moderate oven 350 or 375 degrees for 30 minutes.

—Mrs. Charlie Burgin

TEA TIME DAINTIES

1 cup flour
½ cup butter

Mix and spread ⅛ inch in bottom of pan. Bake until light brown.

Mix:

1 cup coconut
1 cup pecans
2 cups brown sugar
2 tablespoons baking powder
¼ teaspoon salt
1 teapsoon vanilla
2 eggs, beaten

Spread over baked crust and bake in moderate oven 15 to 20 minutes. Cut in squares.

—Mrs. L. R. Burris, Sr.

ORANGE BARS

2 tablespoons butter
1 cup light brown sugar
2 eggs, unbeaten
2 tablespoons orange juice
½ cup nut meats
½ pound cut-up gum drop candy—orange
Grated rind of one orange
1¼ cups sifted flour
Few grains of salt

Mix the above ingredients dusting a little flour over the gum drops. Pour into a greased biscuit pan and cook 30 minutes at 350 degrees. Remove from oven and while hot pour over it:

Juice of one orange
Grated rind of one orange
½ cup white sugar-all dissolved.

Cut into strips 1 x 3 inches and roll in white sugar.

—Mrs. L. R. Burris, Sr.

LACE COOKIES

1 cup melted butter
2 cups oatmeal
3 cups brown sugar
2 teaspoons sweet milk
Almond flavoring

Mix above ingredients well. Roll in tiny balls about the size of a small marble. Place on well greased baking sheet some distance apart and bake at 350 degrees until a golden brown color. Let cool on cookie sheet before taking up. Makes 80 cookies.

—Mrs. L. R. Burris, Sr.

Candies

MINT CANDY

2 cups sugar
1 cup boiling water
1/3 cup butter
5 drops peppermint oil
generous pinch of salt

Dissolve sugar in water, add butter and salt and boil until mixture tests brittle in cold water. Pour mixture out on greased slab and drop peppermint oil in streaks over it. Work mixture on greased slab and as it cools, work toward center. When of desired consistency, pull out and cut into small pieces with scissors. Place in air-tight container and leave until ready to use. This makes one pound and should be made in the winter time.

—Mrs. Julius Pascal

A QUICK GUIDE TO HERB USE

Basil—with all tomato dishes; try it also in soups, salads, egg and cheese dishes.

Caraway—with baked apples, bread, cookies and cheese.

Celery—freshly dried leaves for giving good taste to many foods.

Chervil—a popular French herb similar to parsley, which is fine in all soups and salads.

Dill—which besides being used in pickling is very tasty in dried green leaf form potato soup and fish sauces.

Fennel—for flavoring breads, cookies, fish sauces, chowders, and the tea from which is a common beverage among Europeans as a digestive aid.

Coriander—one of the ingredients in curry powder, used in breads, cookies, pies and soups.

Marjoram—for lamb, string beans, lima beans and as an excellent salad herb.

Parsley—called an indispensable seasoning, for use with vegetables and in all salads.

Peppermint—as a refreshing tea and on fresh fruits, melons, etc.

Rosemary—for all chicken dishes, gravies; also good with lamb and beef.

Sage—to go with pork, cheese and egg dishes.

Savory—to add life to string beans and any beef recipe.

Spearmint—for mint sauce, relish and vinegar, as well as on several vegetables, fruits and in beverages.

Tarragon—for the best vinegar, French dressings, omelet, fish and cheese plates.

Thyme—a favorite in lamb and beef; an important poultry herb.

STANDARD MEASUREMENTS

4 cups flour	1 pound
2 cups butter or shortening	1 pound
2 cups granulated sugar	1 pound
2 cups rice	1 pound
2 cups	1 pint
4 cups	1 quart
4 tablespoons flour	1 ounce
2 level tablespoons butter or shortening	1 ounce
4 tablespoons	¼ cup
3 teaspoons liquid	1 tablespoon
2 tablespoons liquid	1 ounce
16 ounces solid	1 pound
16 ounces liquid	1 pint

All measurements are level.

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